

Cucumber and Mint Raita

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A raita is a lovely, cooling sauce that you can serve over any curry or with any spicy meal. Use fresh mint as the flavour is best, although dried can be used in a pinch. Slice the cucumber in whichever way you fancy.

Ingredients:

2 cucumbers
500g Greek yoghurt
3 tbsp. lemon juice
2 tbsp. freshly chopped mint
Pinch caster sugar
Pinch salt

Directions:

1. Peel, slice and seed the cucumbers then cut into slices.
2. Stir the cucumber with the yoghurt, lemon juice, mint, sugar and salt. Leave in the fridge for a few hours before serving.

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