

## Cucumber Raita

**This recipe is as cool as a cucumber!** It would usually be served with spicy Indian food but works just as well with veggie dippers, pitta breads or salads.



Milk\*

Nutritional information per portion (72g):

Energy	Fat	Saturates	Sugars	Salt
87kJ 21kcal 1%	<0.5g 0%	0.2g 1%	2.8g 3%	0.04g 1%

of an adult's reference intake.  
Typical values per 100g: energy 121kJ/29kcal.

### Equipment

Sharp knife  
Chopping board  
Scissors  
Bowl  
Juice squeezer  
Spoon  
Measuring spoons

### Ingredients

**Serves 8**  
½ cucumber  
1 small onion  
5 mint leaves  
1 small lemon (juice only)  
200g low-fat natural yoghurt

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.

### Method

1. Wash the cucumber and chop as finely as possible.
2. Peel and chop the onion as finely as possible.
3. Wash the mint leaves and chop them finely using the scissors.
4. Squeeze the juice from the lemon.
5. Scoop the natural yoghurt into the bowl, mix in 1 x 15ml spoon of lemon juice, chopped cucumber, onion and mint. Stir well.



### Something to try next time

- Add 1 x 5ml spoon of ground cumin for a spicy taste.
- If you like hot food, add 1 x 5ml spoon of chopped chilli (you can buy fresh ones or ready chopped in tubes or jars).

### Top Tip

- You can peel the cucumber and remove the seeds if you like but it tastes just as good with them left in – and it's quicker!

**Skills used include:**

Weighing, measuring, chopping, squeezing and mixing/combining.