

# Cucumber and mint raita

## Ingredients

- 250ml/8fl oz natural yoghurt
- ½ cucumber, grated or finely chopped
- large handful mint leaves, chopped
- large pinch salt
- ½-1 green chilli, de-seeded and finely chopped (optional)

## Preparation method

1. Wrap the grated cucumber in a tea towel and squeeze out any excess water.
2. Mix together all the ingredients and serve chilled as an accompaniment to any curry or as a dip for poppadoms.

**less than 30 mins**

preparation time

**no cooking  
required**

cooking time

**Serves 4**

**By** Jo' Pratt  
**From** The Nation's Favourite  
Food