

Eat a Rainbow Recipes

GREEN

Minty Cucumber Yoghurt Dip (Raita)

Ingredients:

Lebanese cucumber
½ cup yoghurt
2 tablespoon mint leaves
½ clove garlic, crushed
Pinch salt

Equipment:

Chopping board and knife
Grater
Garlic press
Small bowl
Spoon or fork for mixing

Method:

To make guacamole

1. Cut a Lebanese cucumber in half lengthways, scoop out the seeds and discard. Coarsely grate into a bowl.
2. Chop mint leaves finely.
3. Add cucumber and mint leaves to yoghurt with a pinch of salt and ½ a clove of crushed garlic. Stir to mix.

Variations:

Add chopped chives or a pinch of cumin or paprika. Recipe courtesy Adelaide Showgrounds Farmers Market.

