

## **Raita**

1 cup natural yoghurt – low fat or greek or anywhere in between depending on your preference

Half a cucumber

Mint – dried mint, a little mint sauce (not jelly) or fresh mint – any will do

1 spring onion

1 clove garlic - crushed

1 tomato

½ tsp cumin

Salt and pepper to taste

- Chop the cucumber using food chopper, thinly slice the spring onion and tomato – mix together in small batter bowl. Add the cumin and mint and seasoning (do not add the salt now if it will be a long time before you serve it as the salt will make the cucumber weep)
- Add the yoghurt and mix well to combine
- Serve immediately, or if making in advance then add salt just before serving. For a special occasion add a handful of pomegranate seeds too