

Cucumber Raita

Equipment needed

- Chopping boards
- Non slip mats
- 4 very small serving bowls
- 4 teaspoons to serve
- Medium mixing bowl
- Garlic crusher
- Grater
- Scales
- Knives

Ingredients

- 2 medium cucumbers
- ½ tsp Salt
- ½ tsp caster sugar
- ¼ tsp garam masala
- 400g plain yoghurt
- 1 clove garlic
- 2 tbsp fresh chopped mint (optional)

Notes

- Work as a group

Method

- Wash cucumber. Cut in half lengthways and remove seeds with a teaspoon.
- Grate the cucumber and place in mixing bowl (squeeze out any excess liquid).
- Weigh out yoghurt and add to mixing bowl.
- Crush garlic and add to yoghurt.
- Wash mint (if using), remove leaves from stem and chop finely. Add mint to yoghurt.
- Add salt, caster sugar, and garam masala.
- Mix everything together.
- Put into four small serving bowls.
- Add teaspoons to serve.

Clean up!