

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
- Grater (optional)
- Scissors
- Kitchen paper
- Cup or mug
- Bowl
- Juice squeezer
- Measuring spoons
- Spoon



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.

Step 1

Wash the cucumber and grate or chop into very small pieces.



Step 2

Peel the onion and chop finely.



Step 3

Wash the mint leaves, pat dry with kitchen paper and place in a mug. Chop them finely with scissors.



Skills used include:

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

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Step 4

Cut the lemon in half. Use the lemon squeezer to squeeze the juice from the lemon.



Step 5

Spoon the yoghurt into the bowl, stir in 1 x 15ml spoon of lemon juice, the cucumber, onion and mint.



Step 6

Mix together and serve.



Optional Ingredients

Try the optional ingredients below to make a range of different dishes, or you could even add some new ingredients and invent your own dish.

Additional Instructions

Spicy version – Add 1 x 5ml spoon of ground cumin.	At step 5 add the ground cumin for a really spicy taste. This is great if serving with a curry.
Hot and tasty chilli version – Add 1 x 5ml spoon of chopped chilli.	If you like hot food, add the 1 x 5ml spoon of chopped chilli at step 5 (you can buy ready-chopped chillies in a jar). Remember to wash your hands if handling chillies and don't touch your eyes.
Dips and dippers – Serve with carrots, cucumber and celery.	The finished Raita makes a brilliant dip to serve with slices of carrot, celery or cucumber.
Pitta fillings – Add pitta bread, mixed salad and any extra filling wanted.	Fill a pitta bread with salad and extra fillings such as tuna or ham as desired then drizzle with the Raita.
Alternative chopping technique – Use a food processor.	The cucumber and onion could be chopped using a food processor. This is really useful if some people find chopping difficult. Care must be taken as the chopping blades are very sharp. Also remember this when washing up.

Prepare now, eat later

This dish can be stored in the fridge for up to 2 days but cannot be frozen.