



bit spicy

Raita

A useful dip/sauce to accompany a [South Asian curry](#), [Lamb Koftas](#), or even a plate of crudites. Leave out the spices and serve as Tzatziki.

- half a large pot of thick yoghurt
 - half a cucumber, roughly grated
 - 1 tsp dried mint, 1 tbsp finely chopped fresh mint, or 1 tsp mint sauce
 - pinch garam masala or curry powder
 - salt
1. Place the cucumber in some kitchen roll and squeeze the liquid out.
 2. Add to the yoghurt with the other ingredients, mix well and leave for a couple of hours for the flavours to develop.