



## Cucumber Raitu

Prep : 5 mins

Cooking time: 5 mins + (20 minutes to stand)

### Ingredients

250g Plain Soya Yogurt  
4 Heaped Tbsp Grated Cucumber  
2 tsp Mustard seeds (Rai/Rye)  
1 Tbsp finely chopped coriander  
1 Tsp Salt  
1 Tsp Sugar

### Method

1. Add Mustard Seeds and grind down to fine powder using a Mortal & Pestle.
2. Add Soya Yogurt into a medium sized bowl
3. Add **One Teaspoon of the ground mustard seeds** (store the excess in a jar for future use). Stir round.
4. Add Grated Cucumber. Stir round.
5. Add Chopped Coriander.
6. Add Salt & Sugar.
7. Stir around well. Let it stand for 20 minutes (for the flavour release to happen!)

### Ready! Serve with...

For a fresh Indian-Mexican fusion, serve as a dip with tortillas

Also serve with your favourite veggie curry or a vegetable dish.

You can also try it in a potato-salad!

### Recipe modifications

Try adding half a medium sized banana (small diced) in the Raitu for a truly fruity kick!