

# Yoghurt and Cucumber Dip (Tzatziki and Raita)



⌚ Prep: 40 minutes

⌚ Cook: 0 minutes



Serves: 6-8

## Recipe info

### Ingredients

1 cucumber  
400g natural yoghurt  
1 sprig of mint  
1 lemon  
2 tbsp olive oil  
Sprinkle of paprika (optional)

### Equipment

Sharp knife  
Chopping board  
Mixing bowl  
Lemon squeezer  
Measuring spoons  
Mixing spoon  
Serving dish

## Description

Tzatziki is used in Middle Eastern and Mediterranean cuisines. Tzatziki is usually served as a dip with bread, such as pita, but in the Middle East it is more common as a side dish to a meal with meat.

## Method / What to do

1. Wash cucumber, cut length-wise and scoop out the seeds, as these can make the tzatziki watery. Cut the cucumber into very small chunks.
2. Put the yoghurt and diced cucumber in a bowl.
3. Wash and chop the mint finely and add to the mixture.
4. Squeeze the lemon and measure out the lemon juice and olive oil.
5. Mix all ingredients in with yoghurt and leave to chill for 30 minutes.
6. Sprinkle with a little paprika powder before serving with some dippers such as pita or vegetable sticks.

## Variations

- ⊙ Similar to tzatziki is raita (or pachadi), a South Asian/Indian condiment based on yoghurt and used as a cooling sauce or dip to accompany spicy Indian dishes.
- ⊙ Onion and tomato raita: add 2 small chopped tomatoes and 1 onion to 250ml yoghurt. Add salt and pepper to taste.
- ⊙ Cucumber and red pepper raita: add ½ cucumber (deseeded and finely diced), ½ red pepper (finely chopped), sprig of mint (finely chopped) to 250 ml yoghurt. Add salt and pepper to taste.

