

## Raita Dip

Prep time: 5 minutes Cooking time: 0 minutes



### Ingredients

1 small 125g pot of plain natural yogurt  
 ¼ of a cucumber, finely chopped  
 1-2 teaspoons of mint sauce or finely chopped fresh mint (add more or less to suit your taste)



### Method.

- Wash then finely chop the cucumber and fresh mint (if using it)
- Mix the yogurt, cucumber and mint sauce/fresh mint together in a bowl and serve

## Vinaigrette Dressing

Prep time: 2 minutes Cooking time: 0 minutes



### Ingredients

3 tablespoons of olive oil  
 1 tablespoon of white wine vinegar  
 Black pepper to season



### Method.

- Place the oil, vinegar and black pepper in a jug and mix well using a fork
- Drizzle over salad as desired

### Tip!

**This dip is delicious served with potato wedges, toasted pitta bread strips or vegetable sticks. It is also goes well with curries.**

