

## Cucumber & Onion Raita

### Ingredients

1 cup cucumber, diced in small cubes  
1 cup onion, thinly sliced  
1 ½ cup natural yoghurt  
3 tbs. Garlic Pickle  
1 ½ tbs. fresh mint, finely chopped  
1 green chili, finely chopped  
salt  
freshly ground black pepper Method

In a bowl mix the yoghurt and garlic pickle until well combined. Add the cucumber, onion, mint, chillies and mix well. Season with salt and freshly ground black pepper. Transfer to a serving dish and sprinkle a pinch of garam masala over raita.