

APPLE AND CUCUMBER RAITA AND FLAT BREAD CHIPS

Ingredients

2/3 large cucumber

1 large apple

Approx. 300ml Greek yoghurt

1 small handful parsley, chopped

2 tbs oil

Salt and pepper

Split cucumber length ways and deseed with a teaspoon, discard seeds.

Rinse and quarter apple, then cut to remove core.

Grate apple and cucumber on chop board and place in bowl.

In a separate bowl place yoghurt, parsley, salt and pepper.

Add grated apple and cucumber to yoghurt mix after squeezing excess liquid out with each addition.

Fold to combine then add oil and taste.

Serve into one bowl per table.