

CARROT RAITA

From our garden: mint

NOTES TO STUDENTS and VOLUNTEER:

1. Read this recipe first so you understand how to prepare the ingredients.
2. Focus on your peeling, grating and knife skills.

Equipment

- Measuring cup
- Measuring spoons
- Peeler
- Grater
- Small knife
- Chopping board
- Wooden spoon
- Small mixing bowl
- Spatula
- Small frypan
- Tea towel
- Serving bowls and teaspoons

Ingredients

- 1 cup natural yoghurt
- 1 large carrot
- ½ teaspoon cumin
- Mint to garnish

What to do

1. Peel and grate the carrot.
2. Wash the mint and dry by rolling into a tea towel. Roll and finely slice the mint.
3. Heat a small frypan over a medium heat and add the cumin. Cook for 1 minute, stirring constantly with a wooden spoon. Remove from the heat and place in a small mixing bowl.
4. Add the yoghurt and carrot. Stir gently to combine.
5. Divide into small serving bowls.
6. Garnish with mint.