

# CUCUMBER RAITA & TOMATO SAMBALS

---

## Cucumber Raita

500ml natural yoghurt  
1 cucumber, grated or finely chopped  
large handful mint leaves, chopped  
large pinch salt  
2 green chilli, de-seeded and finely chopped  
(optional)

### Method

Wrap the grated cucumber in a tea towel and squeeze out any excess water.  
Mix together all the ingredients and serve chilled as an accompaniment to any curry or as a dip for poppadoms.

## Tomato Sambals

4 large tomato, de-seeded and roughly diced  
1 onion, diced  
3 spring onion, finely chopped  
4 teaspoon lemon juice  
A few sprigs of freshly chopped coriander  
3 green chillies, sliced  
Salt to taste

### Method

Combine the diced tomato into a large salad bowl. Add in the finely chopped onion.

Stir in the sliced spring onion.

Toss in the thinly chopped chives, coriander and green chillies.

Stir in the salt and lemon juice

Mix well to ensure an even distribution of seasoning.

# THE COOKERY

by The Secret Jozi Chef