

Cucumber and yoghurt with lime

Ingredients

4 cucumbers

500 grams Greek yoghurt

3 teaspoons lime juice

2 tablespoons shredded mint

Pinch of salt

2 small cloves of garlic

4 large kaffir lime leaves

Method

Peel strips of the rind from the cucumbers, leaving it with green and white stripes. Halve lengthwise and if the seeds are large, scoop seeds into compost bucket using a sharp teaspoon. Lay out a clean towel and grate the cucumbers on to the towel using the large holes of the grater. Roll up the towel and twist to wring excess moisture out of cucumber.

Chop the kaffir lime leaves until they are like a fine powder. Press the garlic into a bowl. Add the yogurt, lime juice, kaffir lime leaves and shredded mint. Mix these ingredients together and then gently stir in the cucumber. Chill in the refrigerator until ready to serve.