

Bindi's dragon fruit raita

Season: Summer

Serves: 30 tastes in the classroom
or 6 at home as an accompaniment

Fresh from the garden: dragon fruit, lime, mint

Recipe source: Bindi Isis, Alawa Primary School, Northern Territory

Dragon fruit is the spectacular fruit of a climbing cactus found in the tropics. The skin is a brilliant pink and they have a crunchy translucent flesh that can be white or dark burgundy pink. The flesh is flecked with tiny black seeds. You can use white or red dragon fruit for this recipe. Red dragon fruit are slightly more fragrant and create wonderful pink raita.

If you like a bit of spice, add some chilli powder, wasabi paste or garlic instead of the fresh mint. Dragon fruit raita is a refreshing accompaniment to curry, Mexican food or barbecued meat. Otherwise it makes an excellent dip with rice crackers or baked pita halves.

Equipment:

clean tea towel
chopping board
cook's knife
small bowl
measuring cup
mixing spoon
citrus juicer

Ingredients:

1 dragon fruit — *cucumber*
1 cup reduced fat, Greek-style
yoghurt
½ lime
salt and pepper to taste
handful fresh mint, roughly
chopped (optional)

What to do:

1. Slice the dragon fruit in half and scrape the flesh from the skin. Place the flesh in the small bowl and discard the skin.
2. Add the yoghurt to the dragon fruit and mix them together.
3. Cut the lime in half and juice just half of it. Add the lime juice to the bowl and season to taste, then stir.
4. If using mint, stir into the bowl with the dragon fruit and yoghurt.

