

## Bindi's Dragon Fruit Raita

**Season:** Summer

**Serves:** 30 tastes in the classroom  
or 6 serves at home as a side

**Fresh from the garden:** dragon fruit, lime, mint (optional)

**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 it has 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 is slightly more fragrant and creates 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 curries, Mexican food or barbecued meats. Alternatively, it makes an excellent dip with rice crackers or baked pita halves.

### Equipment:

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

### Ingredients:

1 dragon fruit, halved  
1 cup reduced fat, Greek-style  
yoghurt  
juice of ½ lime  
¼ tsp salt, to taste  
¼ tsp pepper, to taste  
1 small handful of mint, roughly  
chopped (optional)

### What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Scrape the flesh from the dragon fruit into the small bowl.
3. Add the yoghurt and mix well.
4. Add the lime juice and season with the salt and pepper, to taste. Stir well.
5. Stir in the mint, if using, and serve.

