



Tzatziki dip

Ingredients

- Cucumber 1 large continental finely chopped
- Yoghurt 400 ml
- Mint 1 bunch finely chopped
- 2 cloves of garlic
- 2 teaspoons of extra virgin olive oil
- 1 lemon squeezed

Method

- Place grated cucumber into a sieve over a bowl, add a teaspoon of salt
- Allow the water to drain out of the cucumber and push down on the sieve to get rid of the moisture.
- Find a large bowl and place yoghurt into the bowl.
- Mix the oil and the garlic together, add lemon juice and chopped herbs into a medium size bowl.
- Place your oil mix together into your large bowl with the yoghurt. Add your chopped mint.
- Place into 2 bowls and place on the table
- Serve with crudités or bread