

Tzatziki (yoghurt and cucumber dip)

Main tools and equipment

Knife, chopping board, non-slip mat, small bowl, spoon, measuring spoons

Production skills

Measuring, dicing, chopping, mixing

Ingredients

 <p>½ Lebanese cucumber, diced</p>	 <p>3 tablespoons (¼ cup) Greek natural yoghurt</p>	 <p>1 clove garlic, crushed and finely chopped</p>
 <p>1 teaspoon mint, chopped</p>	 <p>½ teaspoon lemon juice</p>	 <p>Salt and pepper</p>

Method

- 1 Dice cucumber into 0.5 cm cubes, leaving the skin on.
- 2 Stir the yoghurt and garlic together.
- 3 Combine the yoghurt mixture with the cucumber and mint, stirring in thoroughly.
- 4 Add the lemon juice.
- 5 Season with salt and pepper to taste.
- 6 Cover and store in the refrigerator until ready for use.

SERVES 2



Preparation time: 10 minutes



Serving and presentation time: 5 minutes



Total time: 15 minutes

