

TZATZIKI

(CUCUMER AND YOGHURT DIP)

INGREDIENTS

1 cucumber

½ tsp salt

1 cup natural yoghurt

2 garlic cloves

1 tsp cumin

Black pepper

2 tbsp fresh mint

METHOD

1. Using the coarse side of the grater, grate the cucumber.
2. Place in a bowl and sprinkle with salt.
3. Toss to combine.
4. Finely chopped mint and crush garlic.
5. Place the yoghurt, garlic, mint and cumin into a bowl.
6. Squeeze out all of the excess liquid from the cucumber. Add to yoghurt mixture.
7. Place in serving bowls.