



TZATZIKI



INGREDIENTS

300g Greek yogurt or dairy alternative
1 cucumber
2 – 3 garlic cloves, crushed
1 tsp lemon juice
Handful chopped mint or 3 teaspoons of mint sauce

EQUIPMENT

Tea Spoon
Spoon for mixing
Small bowl
Knife
Grater for cucumber
Garlic Crusher



PREP TIME: 20 MINS
CHILL TIME: 60 MINS
TOTAL TIME: 85 MINS

Follow us for more
info:



DIRECTIONS

- Wash and peel the cucumber, cut in half and deseed using a teaspoon.
- Chop or grate into small pieces.
- Mix all the ingredients together making sure it is mixed thoroughly
- The tzatziki will develop better flavours if allowed to stand, covered in a refrigerator for at least an hour.
- Serve with warm pitta bread or vegetable crudites.