



## Minty yoghurt dip

### Equipment

Chopping board and knife  
Scale  
Juicer  
Grater  
Mixing bowl

### Ingredients

6 sprigs of fresh mint  
1 lemon  
small clove of garlic  
200 g natural yoghurt  
sea salt  
freshly ground black pepper

### What to do

#### Task 1 : Prepare the ingredients

Pick and finely chop the mint leaves on a chopping board, discarding the stalks, then add them to a mixing bowl.

Finely grate the zest of half a lemon onto the board, then transfer to the bowl.

Cut the lemon in half. Squeeze the juice into a bowl, using your fingers to catch any pips.

Peel and very finely chop the garlic on a board, then scoop it up and add to the bowl.

#### Task 2 : Combine

Add the yoghurt and a tiny pinch of salt and pepper, then stir everything together.

Have a taste and add a squeeze more lemon juice, if you think it needs it.

Transfer to a serving bowl.

#### Note

*Serve this dip with whatever seasonal crunchy vegetables you can get hold of – radishes, carrots, celery, cauliflower, or sweet crunchy lettuce leaves like Cos and Romaine are great for dipping.*

