



Equipment

Grater
Knives
Chopping board
Bowl
Juicer
Measuring spoons
Garlic crusher
Whisk
Sieve

Ingredients

1 cup Greek yoghurt
1 large cucumber
1 cloves garlic
1 tsp lemon zest
1 tbl fresh lemon juice
2 tbl finely chopped parsley or dill
Salt & pepper to taste
Olive oil to taste



Tzatziki

Method

1. Cut and deseed cucumber. Grate the cucumber skin and all. Place in a sieve and squeeze out as much liquid as possible.
2. Peel and crush garlic.
3. Zest and juice lemon.
4. Finely chop parsley or dill
5. In a medium bowl, whisk together the yoghurt, cucumber, lemon zest, lemon juice, parsley or dill.
6. Season with salt and pepper.
7. For some extra flavour lightly drizzle olive oil across the top

Vegan Option.

Substitute coconut yoghurt in place of the Greek yoghurt.

