



Minty yoghurt dip

Equipment

Chopping board and knife

Scale

Juicer

Grater

Mixing bowl

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.

Ingredients

6 sprigs of fresh mint

1 lemon

small clove of garlic

200 g natural yoghurt

sea salt

freshly ground black pepper

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.



Source: www.jamieoliver.com