

# Tzatziki

## INGREDIENTS

350g Greek yogurt  
1/2 large cucumber  
1 tablespoon lemon juice  
2 garlic cloves, crushed  
Dash of extra virgin olive oil  
Salt and pepper to taste  
A few fresh mint leaves, finely chopped

## YOU WILL NEED:

knives, teaspoon, tablespoon, mixing bowl, spatula, grater, cloth

## PREPARATION

1. We need to avoid any excess water. The best result is achieved by de-seeding the cucumber. Cut the cucumber in half, lengthways. Run a teaspoon down the middle of the cucumber, removing all the seeds.
2. Grate and hang the cucumber in a cloth to squeeze out all excess liquid.
3. Combine the yogurt, cucumber, lemon juice and garlic. Add a dash of olive oil and some salt and freshly ground black pepper to taste.
4. Finely chop the fresh mint leaves and add to the bowl.