

Greek - Tzatziki



Ingredients list

- ½ cucumber, halved and deseeded
- 170g pot Greek yogurt
- 1 small garlic clove, crushed
- handful fresh dill, chopped
- Salt and pepper (**school can provide**)
- 1 tsp Red wine vinegar (**school can provide**)

Equipment list

- Sharp knife
- Brown chopping board
- Grater
- Mixing bowl
- Metal spoon

Method

1. Coarsely grate the cucumber
2. squeeze out all the liquid using a paper towel. Drink the liquid – its so good for you!
3. Sprinkle a pinch of salt and pepper over the cucumber
4. Tip the cucumber into a bowl with the yogurt
5. Crush the garlic up into small piece.
6. Add the garlic and mint to the yoghurt.
7. Mix well.

