

Cucumber, garlic & yoghurt dip (tzatziki)



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Preparation: about 25 minutes + chilling time

Makes: 2 cups

3 medium Lebanese cucumbers
1½ cups thick Greek-style natural yoghurt
3 garlic cloves, crushed
½ cup mint leaves, finely chopped
2 tbs dill sprigs, finely chopped
1 tbs lemon juice
1 tbs olive oil
Salt and ground black pepper

1. Coarsely grate cucumbers and place in a colander. Sprinkle with salt, cover with a plate and place a heavy weight on top (i.e. a can of food) and leave to drain for 15 minutes. Squeeze out excess juice and place cucumbers in a bowl.
2. Add yoghurt, garlic, mint, dill, lemon juice and olive oil to cucumbers. Season with salt and pepper to taste. Mix until well combined. Cover and chill for 3 hours or overnight (for flavours to develop) before serving.

Serve with:

Barbecued lamb or chicken kebabs and grilled tomatoes.



Cucumbers

- 'Heard the old saying 'as cool as a cucumber'? It probably arose because their high water content gives a cooling effect.
- Supply few kilojoules (only 40kJ/100g).
- A good source of vitamin C. One of the many functions of vitamin C is to help protect us against infections.