

Tzatziki

(Yoghurt dressing)



Serves a large group alongside the Moroccan meatballs, Tabouli salad and hummus.

There are many servings from this recipe to accompany many healthy meals. Keep covered and refrigerated and this will last at least five days in the fridge.

Ingredients

- 1 large cucumber
- 2 cloves of garlic
- 2 Tbsp quality extra virgin olive oil
- 1 x 500g tub of strained Greek yoghurt
- 1 small bunch of fresh dill
- A few sprigs of fresh mint
- 1 lemon
- Salt
- 1 tsp dried mint (optional)

Method

1. Slice the cucumber in half lengthways and cut or scrape out the seeds (this is where most of the water content in cucumbers is)
 2. Using a large grater, grate the cucumber
 3. Place the grated cucumber in a sieve, rest it on a bowl and add some salt
 4. Give the cucumber a stir, and leave to drain for ½ hour. Push down with a spoon now and again, helping it along by pushing the liquid out with a spoon
 5. Crush the garlic, then combine with olive oil in a large bowl
 6. Stir the yoghurt through the olive oil mix until they are combined
 7. Finely chop the mint leaves and squeeze the lemon juice, then fold through the yoghurt mixture
 8. Season with a little salt to taste
 9. Serve in a nice bowl alongside the Moroccan meatballs, Tabouli salad and hummus.
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