

TZATZIKI

Ingredients



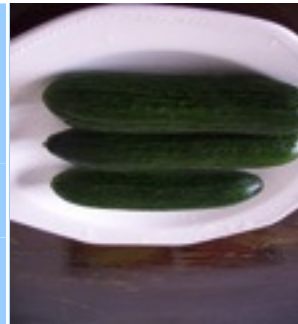
180ml strained natural yoghurt



□ 2 cloves garlic, crushed □



juice of 1 large lemon



□ 2 small cucumbers, finely chopped



1 tablespoon flat leafed parsley or mint finely chopped



1 tablespoon extra virgin olive oil

Equipment



Board



Knife



bowl



Balloon whisk (fouet)

Step 2



Put your yoghurt and garlic in a small bowl.

Add the cucumber, parsley and lemon juice and beat well. Finally add the olive oil and mix once more. Tuck in again!



Step 3



Enjoy your tzatziki !!!!