

Tzatziki



Ingredients (per pair):

- 200 g plain Greek yogurt / dairy-free or soya version
- ¼ cucumber
- 1 tbsp lemon juice
- 1 clove garlic, peeled and crushed
- 4 chive shoots, chopped
- Salt and pepper to taste
- A pinch of smoked paprika

Equipment:

- Weighing scales
- Small bowl
- Clean kitchen towel
- Grater
- Garlic press
- Table knife / chef's knife
- Green chopping board
- Green scissors
- Dessert spoon
- Measuring spoons

Method:

1. Weigh the yogurt into a small bowl.
2. Grate the cucumber.
3. Sprinkle a pinch of salt onto the shredded cucumber and spoon into a doubled-up paper towel.
4. Let it sit for a few minutes then gently press on it to draw out the moisture. Tip into the yoghurt and stir.
5. Snip the chives finely with scissors and stir into the yoghurt.
6. Add lemon juice and stir.
7. Peel the garlic clove and mince with the garlic press. Stir into the yoghurt.
8. Season with salt and pepper to taste, if desired.
9. Drizzle with a little olive oil and garnish with paprika, if desired
10. Serve with strips of pitta, chopped vegetables or bread sticks.