

Cucumber and yoghurt dip

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| <p>Ingredients</p> <ul style="list-style-type: none">• 2 (about 600g) telegraph cucumbers, peeled, halved lengthways, seeds removed• 1/2 teaspoon salt• 520g (2 cups) Greek-style natural yoghurt• 3 garlic cloves, crushed• 2 teaspoons olive oil• 1 teaspoon ground cumin• Freshly ground black pepper | <p>Equipment</p> <ul style="list-style-type: none">• Metric spoon & cup measures• Sharp knife• chopping board• grater• large bowl |
| <p>What to do</p> <ul style="list-style-type: none">• Use the coarse side of a grater to grate the cucumber. Place in a small bowl and sprinkle with the salt. Toss to combine.• Step 2• Place the yoghurt, garlic, oil and cumin in a medium bowl, and stir to combine.• Step 3• Transfer the cucumber to a sieve and use your hands to squeeze out any excess moisture. Stir the cucumber pulp through the yoghurt mixture. Taste and season with pepper. Cover and place in the fridge until required. | |