# Tzatziki Dip

**Season:** Summer  
**Type:** Dip  
**Difficulty:** Medium  
**Serves:** 1 cup  
**Recipe source:** taste  
**From the garden:** cucumber, mint  

## Equipment:
- Cup measures  
- Spoon measures  
- Knife  
- Chopping board  
- Peeler  
- Colander  
- Grater  
- Spoon  
- Juicer  
- Bowl  
- Muslin (or clean blue dish cloth)

## Ingredients:
- 1 cup plain Greek yoghurt  
- 1 cucumber, peeled, halved and seeded  
- 1 garlic clove, crushed  
- 1 tablespoon finely chopped fresh mint  
- 1 tablespoon olive oil  
- ¾ tablespoon lemon juice  
- Salt to taste  

## What to do:
- Chop and prep all ingredients on list  
- Place yoghurt in a colander lined with muslin and stand for 5-10 minutes to allow the excess whey to drain away.  
- Place the yoghurt in a bowl and discard the whey.  
- Meanwhile, coarsely grate the cucumber and squeeze out the excess moisture with your hands.  
- Combine yoghurt, cucumber, garlic, chives, olive oil and lemon juice in a bowl and mix well.  
- Season with salt.