

HOMEMADE TZATZIKI

WHAT DO I NEED?

(serves 6)

1/2 cucumber, halved and deseeded

170g Greek yoghurt

1 small garlic clove, crushed

Handful of mint leaves, chopped

Lemon juice

HOW DO I MAKE IT?

1. Coarsely grate the cucumber and squeeze out all the liquid.

2. Tip the cucumber into a bowl with the yogurt, garlic and mint, and mix well.

3. Serve with veg sticks (cucumber/carrot) and flatbread!



DID YOU KNOW...

Tzatziki is a very popular **Greek** food and traditionally served as a side dish, usually with meat dishes, such as souvlaki. It's also a good source of **calcium** because of the yoghurt - a great snack for kids!

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