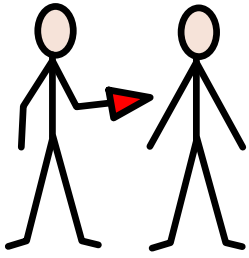


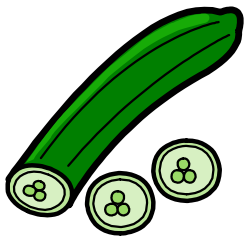


Greek Tzatziki



You will need:

$\frac{1}{2}$



1/2

cucumber

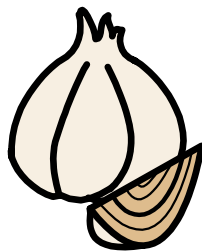


170g

Greek

yoghurt

1



1 small garlic clove

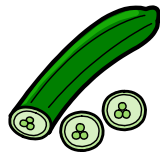
1



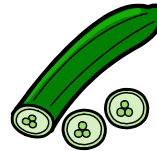
1 handful mint



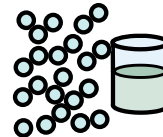
Greek Tzatziki Recipe



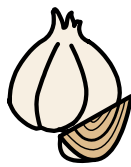
1) Cut some of the cucumber into small chunks



2) Roughly grate the rest of the cucumber, sprinkle on



some salt and squeeze out the liquid



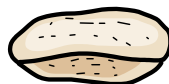
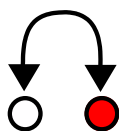
3) Put the yogurt, garlic and mint into a bowl. Tip



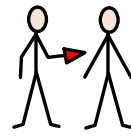
in the cucumber. Mix together



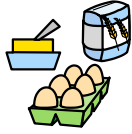
4) Try your dip with some carrot sticks,



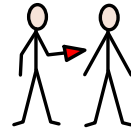
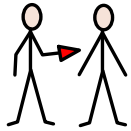
breadsticks or pitta bread



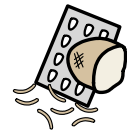
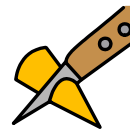
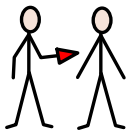
When making your Greek Tzatziki see if you can explore



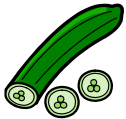
the ingredients. Smell the mint and garlic, have a taste.



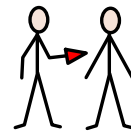
Do you like or don't like it? Can you tear up the



mint leaves? Can you help to chop and grate the



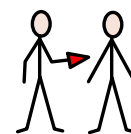
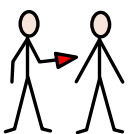
cucumber?



Try your dip with different foods. Do you like it?



Which is your favourite?



You could listen to Greek music whilst you are making your Tzatziki.