

Olive



**CUCUMBER**

# THAI STYLE CUCUMBER SALAD

## DRESSING

## INGREDIENTS

70ML SEASONED RICE VINEGAR  
1.5-2 TABLESPOONS NATURAL CANE SUGAR, TO TASTE  
1/2 TEASPOON FINE SEA SALT

## SALAD

## INGREDIENTS

2 CUCUMBERS DESEEDED  
1 RED PEPPER, DICED  
1 CUP DICED RED ONION  
SMALL BUNCH ROUGHLY CHOPPED CORIANDER  
3 TABLESPOONS OF CHOPPED ROASTED PEANUTS, FOR GARNISH  
ROASTED SPICED CHICKPEAS

## METHOD

- COMBINE DRESSING INGREDIENTS TOGETHER IN A SMALL BOWL AND SEASON TO TASTE. ADD SUGAR TO TASTE & SET ASIDE.
- PEEL CUCUMBERS, SLICE OFF THE ENDS, AND SLICE IN HALF LENGTHWISE. SCOOP OUT THE SEEDS WITH A SMALL SPOON. SLICE HALVES AT AN ANGLE AND PLACE INTO A LARGE BOWL.
- DICE THE RED PEPPER AND RED ONION AND ADD INTO BOWL. ROUGHLY CHOP CORIANDER AND ADD INTO THE BOWL. POUR IN ALL THE DRESSING AND TOSS TO COMBINE.
- LET THIS SALAD SIT FOR ABOUT 30 MINUTES IN THE FRIDGE, TOSSING EVERY 10 MINUTES OR SO TO HELP THE DRESSING SOAK IN.
- DRAIN AND ROAST THE CHICKPEAS
- PORTION INTO BOWLS AND TOP WITH PEANUTS AND ROASTED CHICKPEAS.

# TZATZIKI

## INGREDIENTS

340g GRATED CUCUMBER (FROM ABOUT 1 MEDIUM 10-OUNCE CUCUMBER,  
NO NEED TO PEEL OR SEED THE CUCUMBER FIRST)

170g PLAIN GREEK YOGURT

1 TABLESPOON EXTRA-VIRGIN OLIVE OIL

2 TEASPOONS CHOPPED FRESH MINT AND/OR DILL

1 1/2 TEASPOONS LEMON JUICE

1 MEDIUM CLOVE GARLIC, PRESSED OR MINCED

1/4 TEASPOON FINE SEA SALT

## METHOD

- WORKING WITH ONE BIG HANDFUL AT A TIME, SQUEEZE THE GRATED CUCUMBER BETWEEN YOUR PALMS OVER THE SINK TO REMOVE EXCESS MOISTURE. TRANSFER THE SQUEEZED CUCUMBER TO A SMALL SERVING BOWL, AND REPEAT WITH THE REMAINING CUCUMBER.
- ADD THE YOGURT, OLIVE OIL, HERBS, LEMON JUICE, GARLIC, AND SALT TO THE BOWL, AND STIR TO BLEND. LET THE MIXTURE REST FOR 5 MINUTES TO ALLOW THE FLAVORS TO MELD. TASTE AND ADD ADDITIONAL CHOPPED FRESH HERBS, LEMON JUICE, AND/OR SALT, IF NECESSARY (I THOUGHT THIS BATCH WAS JUST RIGHT AS-IS).
- SERVE TZATZIKI IMMEDIATELY OR CHILL FOR LATER. LEFTOVER TZATZIKI KEEPS WELL, CHILLED, FOR ABOUT 4 DAYS