

Zesty Tzatziki

Prep Time: 20 mins

Yields: 2.5 cups

Ingredients:

- 1 medium cucumber
- 2 tbsp extra virgin olive oil (evoo)
- 4 garlic cloves – peeled and minced
- 2 tbsp lemon juice – freshly squeezed
- Zest of 1 lemon
- ¼ tsp salt (x2)
- ½ tsp pepper – freshly ground
- ½ tsp red pepper flakes
- 2 cups plain Greek yogurt
- 1 tbsp chopped fresh dill
- Dill sprigs and evoo for garnish



Kitchen Tools:

- Cutting board
- Chefs' knife
- Measure cups and spoons
- Spoons x3
- Ingredient bowls (small bowls)
- Grater
- Medium size bowl
- Small Strainer
- Rasp
- Fork to stir
- Large bowl

Instructions:

1. Cut cucumber in half lengthwise – scrape out seeds with spoon and discard
2. Coarsely grate cucumber
3. Place grated cucumber in strainer over a bowl
4. Add ¼ tsp salt, mix, and lightly press with a spoon – let drain
5. In a large bowl combine evoo, garlic, lemon juice, lemon zest, salt, pepper and red pepper flakes - mix
6. Add yogurt – mix
7. Add dill – fold over and mix
8. Add cucumber – fold over and mix
9. Season to taste
10. Serve with your favourite grilled meat – garnish with evoo and dill

Recipe by: The Kitchen Tool

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