

PARTY DIPS!

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Cucumber mash

This recipe is as cool as a cucumber! It would usually be served with spicy Indian food but works just as well with veggie dippers, pitta breads or salads.

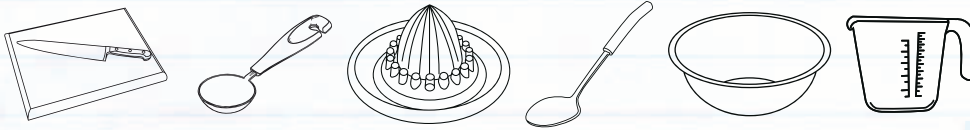


Ingredients

Serves 4

- ½ medium cucumber
- ½ onion
- 125g low fat natural yogurt
- 1 lemon
- A few mint leaves

Equipment



Method

1. Wash the cucumber and chop into pieces (as small as you can).
2. Peel and chop the onion as finely as possible.
3. Wash the mint leaves and chop them as finely as possible.
4. Squeeze the juice from the lemon.
5. Scoop the natural yogurt into the bowl, mix in the lemon juice, chopped cucumber, onion and mint. Stir well.
6. Serve with bread sticks.

Top tips

- * You can peel the cucumber and remove the seeds if you like but it tastes just as good with them left in – and it's quicker!

Something to try next time

- * Add 1 x 5ml spoon of ground cumin for a spicy taste.
- * If you like hot food, add 1 x 5ml spoon chopped chilli (you can buy fresh ones or already chopped in tubes or jars).

Skills

- | | |
|---------------------|---|
| Using a food knife. | ✓ |
| Measuring. | ✓ |
| Juicing. | ✓ |

