

# TZATZIKI

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## INGREDIENTS

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½ cucumber

1 tsp sea salt

1 tbsp olive oil

1 tbsp fresh mint, finely chopped

2 garlic cloves

1 cup Greek yogurt

1 pinch black pepper

## PROCEDURE

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Rinse the cucumber and chop finely. You can also grate it with the coarse side of a grater. Do not peel the cucumber; the skin adds color and texture to the sauce.

Put cucumber in a strainer and sprinkle salt on top. Mix well and let the liquid drain for 5–10 minutes. Wrap cucumber in a tea towel and squeeze out excess liquid.

Press or finely chop the garlic and place in a bowl. Add cucumber, oil, and fresh mint.

Stir in the yogurt and add black pepper and salt to taste.

Let sit for 10 minutes for the flavor to develop.

Keep in fridge up to 3 days.