

TZATZIKI SAUCE

INGREDIENTS

- 250 grams of Greek yoghurt
- 1 cucumber
- 2 cloves of garlic
- Salt to taste
- 1 bunch of mint
- lemon juice q.b.
- 2 tablespoons of extra virgin olive oil

PREPARATION

Peel and remove the seeds from the cucumber, then grate it gently. Place the grated cucumber in a colander and push it with a spoon. Leave it in the colander.

Meanwhile, in a bowl, combine oil, lemon and yoghurt, mixing them. Grate the garlic and add it to the mixture. Then add the cucumber.

Chop the mint and mix everything.