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Tzatziki

cucumber mint yogurt



Time needed: **20 minutes**

Yield: **2 cups**

Notes

This sauce is great on its own, or with mixed grilled veggies and lamb. This is great with rice dishes as well. This is not suitable for fish. Tahini and fish go together.

Ingredients

- 2 cups whole milk plain yogurt
- ½ tsp salt
- 1 bunch fresh mint (picked and thinly chopped)
- 1 tsp dry mint
- 1 tsp garlic paste
- 1 cup grated Middle Eastern cucumber/
European

Directions

Prep all ingredients as mentioned above, you may strain the cucumber if the yogurt you are using is already watery. If you are using thick yogurt you may keep the water from the cucumbers. Remove cucumber seeds if you are using cucumbers that have big seeds. Adjust the sauce to the desired consistency. Mix all ingredients together and enjoy.