

Tzatziki dip with carrot sticks

Serves: 4



Equipment:



Chopping board,
knife,
mixing bowl,
cheese grater,
spoon for mixing,



Ingredients:



- 350g low fat Greek-style yogurt
- 1 cucumber
- Juice from 1 lemon
- 2 garlic cloves grated finely
- Teaspoon of olive oil
- Sprinkle of Paprika
- 4 carrots cut into sticks

Method:



1. Peel and de-seed the cucumber before grating.
2. Hang the grated cucumber in muslin cloth or a tea towel in order to squeeze out all the excess liquid, if you like.
3. Combine the yoghurt, cucumber, lemon juice and garlic. Add the teaspoon of olive oil and sprinkle with paprika.
4. Serve with carrot sticks