

Cucumber Dip with Dill & Mint

Season: Summer/Autumn

Makes: 30 tastes or 6 serves at home

Fresh from the garden: cucumber, dill, lemon, mint

This is a simple, refreshing dip that goes well with crunchy crudité's like celery, carrot and radish, or even snow peas and green beans.

EQUIPMENT

metric measuring spoons and cup
clean tea towel
chopping board
cook's knife
citrus juicer
mortar and pestle
large bowl
mixing spoon
serving dish

INGREDIENTS

1/2 cup ricotta
1/2 cup low-fat Greek yoghurt
1 lemon, juiced
4 tbsp olive oil
2 cucumbers, chopped finely
1 handful of dill fronds, chopped finely
1 handful of mint leaves, chopped finely
4 tbsp pepitas, crushed
salt and freshly ground black pepper, to taste
extra dill and mint leaves, to garnish

WHAT TO DO

- Prepare all of the ingredients based on the instructions in the ingredients list.
- Place the ricotta, yoghurt, lemon juice and olive oil into a large bowl and mix through until well-combined and smooth.
- Add the cucumber, dill, mint, pepitas and a pinch of salt and pepper to the mix, and combine gently.
- Taste and adjust seasoning, as required.
- Tip into the serving dish and garnish with the extra dill and mint.

