

budget-friendly!

Tzatziki

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Try this simple garlic, cucumber and mint dip with lamb koftas or as a dip with crudites. The fresh flavours go especially well with tender meat straight off the barbecue.



Ingredients

- 1 1/2 cups of Greek style yoghurt
- 2 cloves garlic, crushed
- 2 Lebanese cucumbers, peeled, de-seeded and finely chopped
- 1 tbsp lemon juice
- 15 mint leaves, finely chopped

Method

1

Combine all ingredients in a bowl and refrigerate for 2 hours to develop flavours.

Notes

- This tzatziki is a great Greek dish that goes perfectly with lamb.

gluten-free!

Greek salad

PREP 0:15

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Greek salad is a traditional dish that is packed full of fresh flavours. Ripe tomatoes are complimented with salty feta cheese and tangy olives.



Ingredients

- 1 punnet of cherry tomatoes, halved
- 1 Lebanese cucumber, cubed
- 1 red onion, sliced into rings
- 100g of feta cheese, cubed
- 100g of pitted Kalamata olives
- 1 tsp of dried oregano
- 3 tbsp olive oil

Method

1

In a glass bowl, place tomatoes and cucumber. Then season with salt and pepper.

2

Add onions, feta, olives and oregano. Turn with a large spoon.

3

Drizzle olive oil and mix together to coat. Leave to stand for 15 mins. Serve at room temperature.

Notes

- You can use regular tomatoes for this recipe.