

Cucumber and Yoghurt Salad

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This refreshing salad really makes the most of summer cucumber and is perfect for serving with either Greek or Indian food or when you want something a little different to serve at a BBQ.

Ingredients:

2 large cucumbers
2 garlic cloves
1 tbsp. freshly chopped mint
200g plain yoghurt
1 tbsp. olive oil
Salt and pepper

Directions:

1. Peel the cucumbers. Cut in half lengthways, then scoop the seeds out with a spoon. Chop into chunks.
2. Mince the garlic cloves. Stir into the yoghurt with the mint and olive oil, then stir in the cucumber.
3. Season with salt and pepper to taste, then put into the fridge until chilled.

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