

Recipe Name: Tzatziki Recipe - A Greek Yogurt Dip

Diet Type:

Course: Side Dish

Cuisine: Mediterranean

Quantity:



Ingredients

Ingredient	Quantity
• 500 grams Hung Curd (Greek Yogurt)	4
• 1 English Cucumber - finely chopped	
• 2 tablespoons Extra Virgin Olive Oil	
• 3 cloves Garlic - minced	
• 2 sprig Parsley leaves - finely chopped	
• Black pepper powder - freshly ground to taste	
• Salt - to taste	

Preparation

- To begin making the Tzatziki, we will first remove all the whey from the yogurt.
- To do this we will hang the yogurt in a cloth sieve strainer, set over a bowl and kept in the refrigerator overnight.
- You will notice that the whey has collected below and the yogurt is now thick and creamy.
- Into a large mixing bowl, add in the thick hung yogurt ,you can also use Greek Yogurt as well.
- To the bowl add the finely chopped cucumber, some minced garlic, minced parsley, chopped black olives, salt to taste, some freshly pounded black pepper, and not to miss the generous drizzle of olive oil.
- Stir well to combine.
- Check the salt and flavors and adjust to suit your taste.

Macronutrients

Calories (kcal) Protein (g) Carbs (g) Fat (g) Fiber (g) Sugar (g)

