



MAST KHIAR

(CUCUMBER YOGHURT DIP)



INGREDIENTS

SERVES 6 PEOPLE

- 2 cups greek yoghurt
- 1 medium cucumber
- 2 tbsp chopped mint
- Salt & pepper to taste

FROM THE GARDEN

- Mint

INSTRUCTIONS

1. Measure out two cups of yoghurt into a bowl.
2. Finely dice or grate cucumber and mix into your yoghurt.
3. Add chopped mint or dried mint.
4. Mix ingredients well.
5. Add a pinch of salt and pepper.
6. Garnish with fresh mint
7. Serve and enjoy.

EQUIPMENT

- Measuring cup
- Knife
- Mixing spoon