

Zucchini Tzatziki

Source: Angel Munro Makes: 3 cups



EQUIPMENT/ UTENSILS	INGREDIENTS
Chopping Board x1 Santoku Knife x 1 Utility knife x1 Measuring tablespoon Medium mixing bowl Wooden spoon Citrus juicer Microplane grater Box grater Garlic press Paper towel Clean tea towel 6 small bowls 6 teaspoons	750g thick Greek-style yoghurt 500g of zucchini 1 garlic clove, crushed Finely grated zest & juice of 1 lemon 2 tbs extra virgin olive oil, plus extra to serve Finely chopped chives & flat-leaf parsley leaves, to serve Salt & pepper Dill frond

METHOD: WHAT TO DO

1. This part is already done for you (Line a fine sieve with a large square of muslin or a clean Chux cloth. Set sieve over a bowl and add yoghurt with one tsp of salt stirred through it. Fold over cloth to cover and place a plate on top to weigh it down. Chill for at least 2 hrs or overnight for the liquid to drain).
2. Grate zucchini, sprinkle with a tsp of salt, place in a clean tea towel and wring out any excess moisture. Place on chopping board and roughly chop using pivot technique.
3. Wash, dry and chop chives and parsley.
4. Wash and pat dry fennel frond. Pick frond apart gently and finely.
5. Zest lemon with microplane grater. Slice in half with utility knife using the bridge technique. Juice lemon.
6. Crush garlic

- 7.** Place all ingredients in a bowl except for parsley and fennel. Combine strained yoghurt, zucchini, garlic, and lemon zest and juice in a bowl. Season with salt and pepper to taste.
- 8.** Stir well with a wooden spoon.
- 9.** Place in 6 small bowls.
- 10.** Serve with a teaspoon.
- 11.** Can be stored in the fridge for up to 3 days.