

**EAT THEM
TO DEFEAT THEM**



Cucumber &
Avocado
Tzatziki

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Cucumber & Avocado Tzatziki

INGREDIENTS

- 1 x Whole cucumber
- 1 x Whole avocado – mashed
- 1 x Whole lemon – juice only
- 250g x Natural yoghurt
- Sea salt & pepper
- 1 Tbsp x Extra virgin olive oil
- Optional: fresh mint / basil or dill finely chopped



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METHOD

1. Slice the cucumber in half lengthways and lightly scrape the seeds out (so it looks like a celery stick).
 2. Using a box grater, on the thickest setting, grate the cucumber into a bowl.
- (Lightly squeeze out any excess liquid into the sink).

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3. Add the mashed avocado, lemon juice, yoghurt, salt and pepper (to taste), olive oil and optional herbs to the cucumber and mix them together.

4. There you have it Cucumber & Avocado Tzatzik!



Serving suggestion: Serve with your favourite mexican style meal or veggie fritters.



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