

# Minty yoghurt dip (base recipe)

Serves 6



This dip is delicious as it is, or tweak it in any of the ways below, depending on what you're using it for - they're much tastier than the shop-bought ones you can get, and you know exactly what's gone into them.

## Ingredients

- 4 sprigs of fresh mint
- 1 lemon
- ¼ clove of garlic
- 200g natural yoghurt
- sea salt and freshly ground black pepper

## Equipment list

- Chopping board
- Knife
- Mixing bowl
- Microplane
- Weighing scales
- Spoon
- Serving bowl

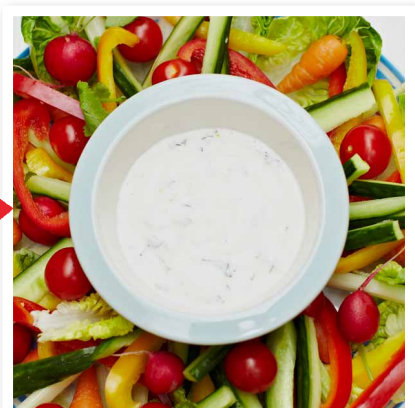
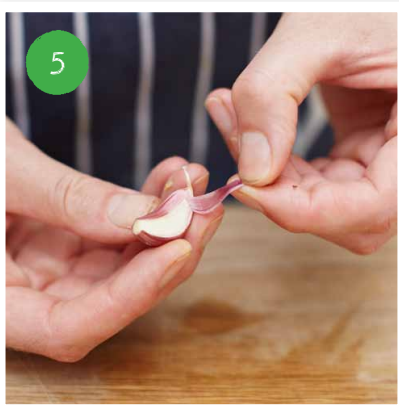
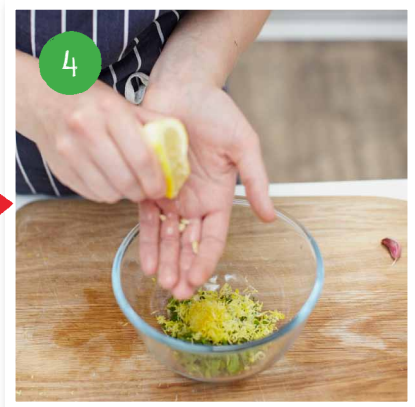
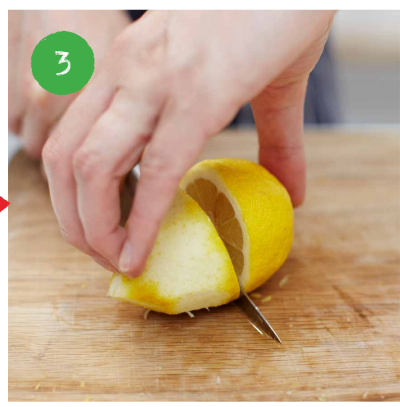


## Here's how to make it

- 1 Pick and finely chop the mint leaves on a chopping board, discarding the stalks, then add them to a mixing bowl.
- 2 Use a microplane to finely grate the zest of half a lemon onto the board, then transfer to the bowl.
- 3 Cut the lemon in half.
- 4 Squeeze the juice into a bowl, using your fingers to catch any pips.
- 5 Peel and very finely chop the garlic on a board, then scoop it up and add to the bowl.
- 6 Add the yoghurt and a tiny pinch of salt and pepper, then stir everything together.
- 7 Have a taste and add a squeeze more lemon juice, if you think it needs it.
- 8 Transfer to a serving bowl, and serve with a platter of veggies for dipping.



# Step by step



## For tzatziki:

Serves 6

### Ingredients

- ½ a cucumber
- 1 x **Minty yoghurt dip** recipe

### Extra equipment

- Teaspoon
- Box grater

Allergy info  dairy

### Here's how to make it

- 1 On a chopping board, cut the cucumber in half across the middle, then in half lengthways.
- 2 Use a teaspoon to scoop out and discard the watery seeds.
- 3 Coarsely grate the cucumber on a box grater (skin and all), then add it to 1 x **Minty yoghurt dip** recipe and stir well.
- 4 Have a taste and add a squeeze more lemon juice, if you think it needs it, then transfer to a serving bowl, and serve with a platter of veggies for dipping.

## For a houmous-style dip:

Serves 6

### Ingredients

- 4 sprigs of fresh coriander
- 1 x 400g tin of chickpeas
- 1 lemon
- 1 x **Minty yoghurt dip** recipe
- 1 teaspoon cumin seeds
- 2 tablespoons tahini or peanut butter

### Extra equipment

- Tin opener
- Sieve
- Food processor (standard blade)
- Measuring spoons

Allergy info  dairy, peanuts, sesame seeds

### Here's how to make it

- 1 Pick the coriander leaves, discarding the stalks.
- 2 Drain the chickpeas in a sieve over the sink.
- 3 Cut the lemon in half on a chopping board.
- 4 Add 1 x **Minty yoghurt dip** recipe to a food processor with the chickpeas, coriander leaves, cumin seeds, tahini and a squeeze of lemon juice, using your fingers to catch any pips.
- 5 Secure the lid, then whiz everything to a smooth paste – you might need to add a splash of water to loosen the dip slightly so it can whiz properly.
- 6 Have a taste and add a squeeze more lemon juice, if you think it needs it, then transfer to a serving bowl, and serve with a platter of veggies for dipping.



For nutritional information, ask your teacher.



## For an avocado dip:

Serves 6

### Ingredients

- 4 sprigs of fresh coriander
- 1 x **Minty yoghurt dip** recipe
- 1 ripe avocado

### Extra equipment

- Mixing bowl**
- Teaspoon**
- Fork**

Allergy info  dairy

### Here's how to make it

- 1** Pick and roughly chop the coriander leaves, discarding the stalks.
- 2** Add 1 x **Minty yoghurt dip** recipe to a mixing bowl.
- 3** Carefully cut all the way around the avocado lengthways, going as deep as the stone. Hold the avocado in your hands and twist until you can pull the two halves apart, then use a teaspoon to scoop out and discard the stone.
- 4** Squeeze and squish the avocado out of its skin and into the bowl with the minty yoghurt dip (discarding the skin) and add the coriander leaves, then mix and mash everything together with a fork until combined.
- 5** Have a taste and add a squeeze more lemon juice, if you think it needs it, then transfer to a serving bowl, and serve with a platter of veggies for dipping.

## For a summery pea dip:

Serves 6

### Ingredients

- 600g fresh peas in the pod (roughly 200g once podded)
- 4 sprigs of fresh mint
- 1 x **Minty yoghurt dip** recipe
- 20g Parmesan cheese
- 1 lemon

### Extra equipment

- Mixing bowl**
- Food processor (standard blade)**

Allergy info  dairy

### Here's how to make it

- 1** Pod the peas into a mixing bowl.
- 2** Pick the mint leaves, discarding the stalks.
- 3** Add 1 x **Minty yoghurt dip** recipe to a food processor.
- 4** Use a microplane to finely grate the Parmesan onto a chopping board.
- 5** Add the peas, mint leaves, Parmesan and a tiny pinch of salt and pepper to the food processor.
- 6** Cut the lemon in half.
- 7** Add a good squeeze of lemon juice, using your fingers to catch any pips, then secure the lid and whiz everything together (when you add the lemon juice to the yoghurt, it sometimes splits, but this is absolutely fine – it all depends on the type of yoghurt you use and how acidic your lemon is – just pour away any excess water. It tastes delicious both ways).
- 8** Have a taste and add a squeeze more lemon juice, if you think it needs it, then transfer to a serving bowl, and serve with a platter of veggies for dipping.

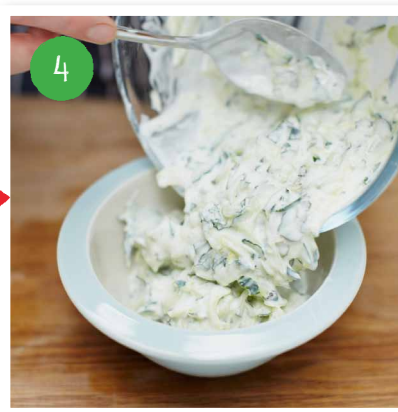
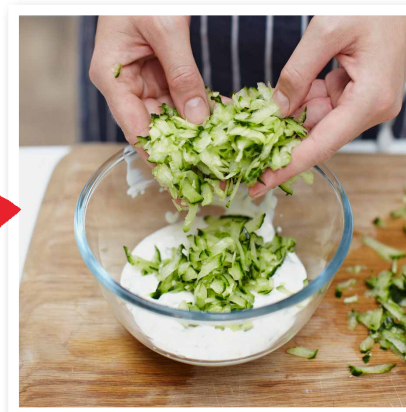
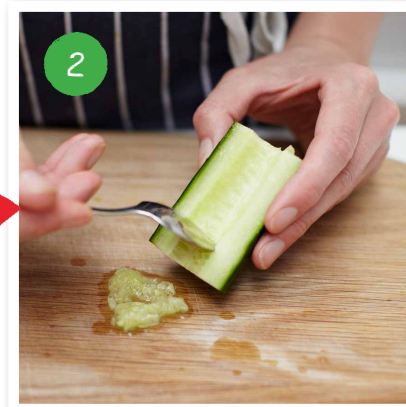
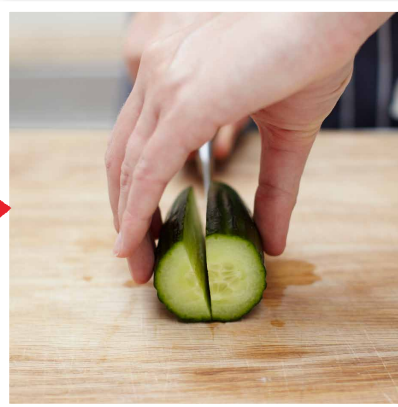
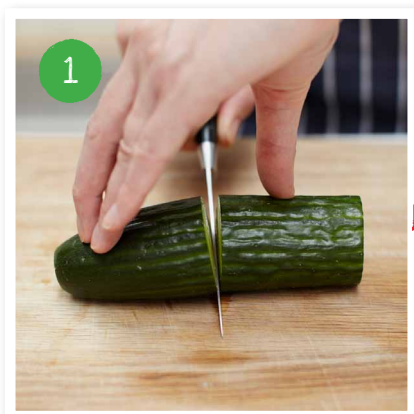


For nutritional information, ask your teacher.



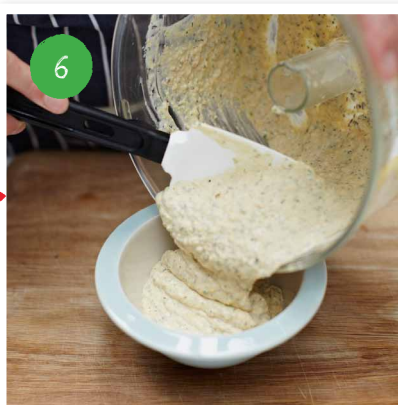
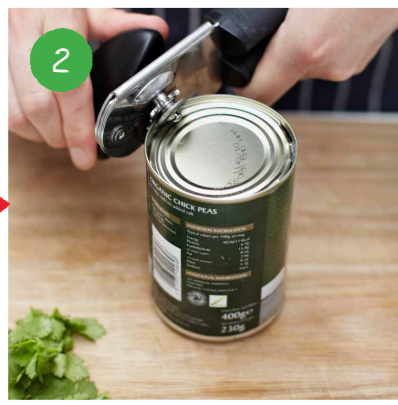
# Step by step

## Tzatziki



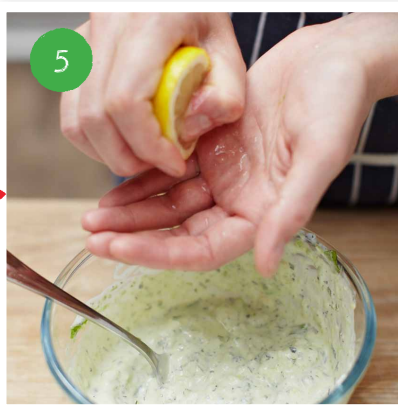
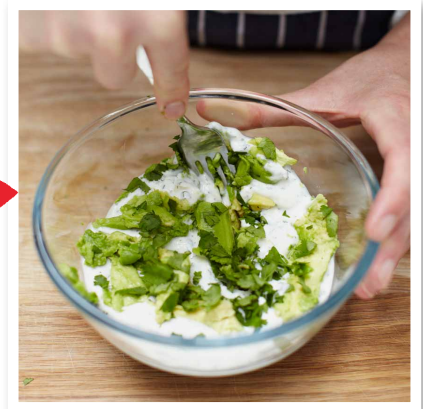
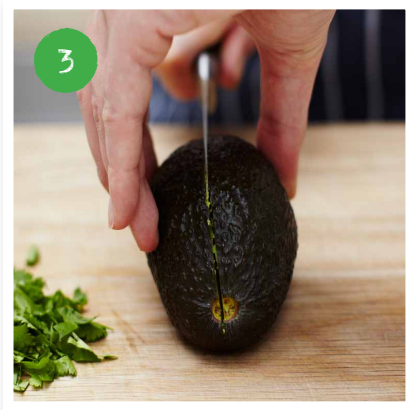
# Step by step

## Houmous-style dip



# Step by step

## Avocado dip



# Step by step

## Summery pea dip

