

## Cucumber Dip with Dill & Mint

**Season:** Summer/Autumn

**Makes:** 30 tastes or 6 serves at home

**Fresh from the garden:** cucumber, dill, lemon, mint

This is a simple, refreshing dip that goes well with crunchy crudité's like celery, carrot and radish, or even snow peas and green beans.

### EQUIPMENT

metric measuring spoons and cup  
clean tea towel  
chopping board  
cook's knife  
citrus juicer  
mortar and pestle  
large bowl  
mixing spoon  
serving dish

### INGREDIENTS

½ cup ricotta  
½ cup low-fat Greek yoghurt  
1 lemon, juiced  
4 tbsp olive oil  
2 cucumbers, chopped finely  
1 handful of dill fronds, chopped finely  
1 handful of mint leaves, chopped finely  
4 tbsp pepitas, crushed  
salt and freshly ground black pepper, to taste  
extra dill and mint leaves, to garnish

### WHAT TO DO

- Prepare all of the ingredients based on the instructions in the ingredients list.
- Place the ricotta, yoghurt, lemon juice and olive oil into a large bowl and mix through until well-combined and smooth.
- Add the cucumber, dill, mint, pepitas and a pinch of salt and pepper to the mix, and combine gently.
- Taste and adjust seasoning, as required.
- Tip into the serving dish and garnish with the extra dill and mint.

