

Greek Herb Dip



Ingredients

1 x 500ml pot natural Greek yoghurt



4 - 6 spring onions



1 green chilli



1 clove garlic



$\frac{1}{2}$ cucumber



2 x 15ml tablespoons chopped fresh coriander



2 x 15ml tablespoons chopped fresh mint



2 x 15ml tablespoons chopped dill



Pinch Salt and Pepper



Equipment

Brown Chopping board



Measuring spoon (15ml tablespoon)



Paring Knife



Peeler



Mixing bowl



Kitchen scissors



Garlic press



Spoon



1. Peel and finely dice the cucumber



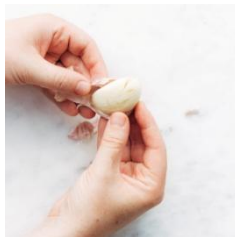
2. Slice the chilli in half and remove the seeds



3. Chop the coriander, mint and dill



4. Peel the garlic



5. Tip the yoghurt into the bowl



6. Using the kitchen scissors, cut the spring onion and chilli into the bowl.
Try to cut the onion and chilli as finely as you can



7. Mince the garlic in the garlic press and add to the bowl



8. Add 2 tablespoons each of the chopped herbs but keep some back to sprinkle on top. Add salt and pepper to taste.



9. Mix everything together. Sprinkle the remaining herbs on top.



10. Dip the potato wedges in and enjoy!