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©Cucumber, Pumpkin and Mint Yoghurt Dip

Makes 600gm

Shelf life 14 days

Prep List

4 Small cucumbers

1 tbsp Lake Salt (low potassium)

500gm Mundella Natural Greek Yoghurt

4 tbsp Toasted garlic, minced

1 cup Roasted Kent Pumpkin purée, micro stain out excess water

2 tbsp Extra Virgin Olive oil

1 teaspoon toasted cumin, grounded

1/2 cup Mint leaves chopped

Method

- Lightly salt cucumber with 1 tbsp Lake salt (low potassium)
- Squeeze out excess water, thoroughly since out salt, squeeze out again
- Fold in yoghurt, garlic, pumpkin, oil, cumin and mint leaves
- Serve with as a dip