

CUCUMBERS DRESSED IN YOGHURT AND HERBS



This recipe may be simple but I love it for many reasons. It is very likely that you will have all of these ingredients in your house right now (except the herbs maybe) and it's perfect served alongside anything from some roast fish, barbecued meats or simply with bread and smoked salmon for a light lunch.

Ingredients

- 1 large cucumber, peeled if the skin is tough
- 100 natural yoghurt
- 2 tbsp extra virgin olive oil, plus more for drizzling
- Zest and juice of 1/2 lemon
- A small handful of fresh dill, roughly torn
- A small handful of fresh chives, cut into batons
- Freshly ground black pepper
- Flaky sea salt

Method

- 1.** Cut the cucumber into 1/2 cm rounds
- 2.** To make the dressing; in a mixing bowl, whisk together the yoghurt, olive oil, and lemon juice until smooth and slightly loose. Season with pepper and flaky sea salt.
- 3.** To assemble; toss the cucumber gently in the dressing and arrange on a plate. Scatter generously with the dill and chives, drizzle with more olive oil, and finish with the lemon zest and extra pepper.
- 4.** Eat it right away while cold and crisp.

Tip: For more of a traditional flavour, stir a pinch of sugar or even honey into the yoghurt before tossing.