

SALATET ZABADEE

Prep time: 10 mins
Makes: 1½ Cups



INGREDIENTS

1C
plain yogurt



½
large
cucumber



8
mint leaves



1
clove garlic



½tsp
salt



½tsp
cumin



pita bread
for dipping



METHOD

1. Deseed and grate the cucumber. Squeeze out as much moisture as you can with a tea towel before adding to the other ingredients.
2. Crush the garlic and finely chop the mint.
3. Mix all the ingredients in a bowl.
4. Let sit in the fridge for about 1 hour before serving.
5. Cut pita into small triangles and toast them in the oven. Serve with the dip.