

# Fresh, Fun and Fabulous...

# Cook With Heidi!

- Yogurt and Cucumber Dip 淹浸酸奶和黄瓜

### Ingredients 原料

- Yoghurt 酸奶 500g, 克  
Large cucumber grated 碎黄瓜 1, 一大份  
Garlic clove 蒜末 1, 一份  
Mint 薄荷  
Olive oil 橄榄油  
White vinegar to taste 白醋  
Salt 盐  
Pepper 胡椒粉

### Method

1. Grate the cucumber, squeeze out the liquid and add it to the yogurt.
2. Mix the garlic, olive oil, vinegar, salt and pepper together then add to the cucumber and yogurt.
3. Add mint and season to taste.

### 烹饪方法

1. 把黄瓜拍碎，把汁挤干，然后加入酸奶。
2. 在浸入酸奶的黄瓜中加入大蒜，橄榄油，醋，盐，胡椒粉。
3. 再加入薄荷来调味。

A handwritten signature in black ink that reads 'Heidi'.