



# Greek tzatziki sauce

15'  
Hands on

4-6  
Portion(s)

1  
Difficulty



## Ingredients

- 300 g strained yogurt
- 1 cucumber
- 1/3 clove(s) of garlic
- 3 tablespoon(s) vinegar, of white wine
- 1/4 bunch dill, finely chopped (optional)
- 2 tablespoon(s) olive oil
- 1 pinch salt
- pepper

To serve

- [souvlaki pita breads](#)
- olive oil
- herbs, fresh

## Διατροφικός πίνακας

Nutrition information per portion

105 Calories (kcal)	8.0 Total Fat (g)	2.9 Saturated Fat (g)	2.6 Total Carbs (g)
5%	11%	15%	1%
2.5 Sugars (g)	5.5 Protein (g)	0.5 Fibre (g)	0.17 Sodium (g)
3%	11%	2%	3%

## Method

Watch the video in sign language [here](#).

A very appetizing, savory sauce that is almost always served with kebabs or souvlaki. It can also be served with baked potatoes, any meats and is surprisingly refreshing as a dip for vegetables!!

- Peel the cucumber and grate with a cheese grater, using the [large blades](#).
- Put in a [bowl](#). Add a pinch of salt and 1 tablespoon of white wine vinegar. Toss and set aside to release its liquid.
- In the meantime, combine the yogurt, 1/3 of a garlic clove (minced), 2 tablespoons white wine vinegar and 3 tablespoons of olive oil. Mix until combined.
- Mix until it is combined and creamy.
- Squeeze the cucumber with your hands to release any remaining liquid. Discard the liquid and add the cucumber to the yogurt mixture.
- Stir into mixture. Add pepper and adjust salt according to taste.
- Add some finely chopped dill and your sauce is ready.
- Refrigerate until needed.
- Serve it with some carrots, peppers, cucumber and [Greek pita bread](#)!