

**Season:** Year round  
**From the garden:** Chives, parsley, mint, thyme, oregano  
**Type:** Dips  
**Difficulty:** Easy  
**Country of origin:** Middle East  
**Serves:** 36 small tastes  
**Source:** Gill West

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**Equipment**

- Colander
- Chopping board
- Chef's knife
- Juicer
- Measuring cups and spoons
- Medium bowl

**Ingredients**

- 1 cup plain unsweetened thick yoghurt
  - ½ lemon
  - ¼ teaspoon salt
  - 1 cup picked fresh herbs such as chives, parsley, mint, thyme, oregano or whatever is in the garden
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**How to make it**

1. Wash and dry the herbs and pick the leaves off any woody stems, put the stems in the compost.
2. Chop the herbs finely (using a rocking motion, with one hand flat on the top blunt part of the knife).
3. Cut the lemon in half and juice one half only with a citrus juicer. Discard any pips and set aside.
4. Put the chopped herbs into a bowl with the yoghurt, 1 teaspoon of lemon juice and the salt.
5. Mix well and put into small bowls in the fridge until serving time. Serve with vegetable crudité, crisp pita bread or alongside Garden to Table's Mini Falafels as a dip.

**Skills:**

- Chopping, juicing\*

\* Juice: To extract liquid from fruit or vegetables