

SPRING TZATZIKI WITH CRUDITÉ

🍴 4 SERVINGS

🕒 25 MINUTES

INGREDIENTS

- | | |
|--------------------------|----------------------------|
| 1 bunch red radishes | 1 cup low-fat greek yogurt |
| 1 small persian cucumber | 1 tablespoon olive oil |
| 2 scallions | Salt and pepper to taste |
| 1 clove garlic | 1 bunch asparagus |
| | 1 pound bag of baby carrot |

DIRECTIONS

1. Separate and clean radishes from tops and bottoms.
2. Place a tea towel or cheese cloth in a large mixing bowl. Using a box grater, shred 2 red radishes into the cheesecloth. Shred the cucumber into the cheesecloth. Wrap the cloth around the vegetables and squeeze out the excess water. Toss the liquid, remove the vegetables from the cloth into the mixing bowl. Set aside.
3. Slice scallions thinly, mince the garlic and add to the mixing bowl. Stir in the yogurt, olive oil, salt and pepper to taste. Set aside in the fridge.
4. Bring 4 quarts of water to a boil. While the water heats, cut the remaining radish into quarters and set aside. Wash and trim the asparagus. Once the water is boiled add the asparagus and cook for 1 minute.
5. Remove from heat and cool. Arrange the radish, asparagus and baby carrots on a platter and serve with the yogurt sauce.

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QUICK TIPS

- Greek yogurt is the preferred yogurt for this recipe. Regular yogurt is too watery. If you only have regular yogurt at home you can strain it using a cheesecloth to remove excess water to thicken the yogurt.
- You can substitute the scallions for any herbs you like. Some great herb substitutions for this recipe include dill, mint and or parsley.

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SPRING TZATZIKI WITH CRUDITÉ

春豐美酸奶醬陪素菜

👤 4 人份

🕒 25 分鐘

用料

- | | |
|---------|------------|
| 1 束櫻桃蘿蔔 | 1 量杯低脂希臘酸奶 |
| 1 印度小黃瓜 | 1 湯匙橄欖油 |
| 2 青蔥 | 鹽和胡椒粉調味 |
| 1 瓣大蒜 | 1 把蘆筍 |
| | 1 磅小胡蘿蔔 |

步驟

1. 將櫻桃蘿蔔的菜頂部和底部切掉，並清洗乾淨。
2. 將茶巾或粗棉布放入一個大碗中。使用盒式刨絲器，將 2 粒紅蘿蔔刨碎放入粗棉布中。將黃瓜碎放入粗棉布中。將布包在蔬菜上榨出多餘的水。把榨出的水除掉，將蔬菜從布中倒入碗中。擱置。
3. 將蔥切成薄片，將大蒜切碎，加入有菜絲的碗中。加入酸奶、橄欖油、鹽和胡椒調味。放在冰箱裡。
4. 在一個大鍋水煮沸。當水加熱時，將剩下的櫻桃蘿蔔切成四，放在大盤裡並使用。清洗並修剪蘆筍。水燒開後加入蘆筍，煮 1 分鐘。從熱源中取出並冷卻。蘆筍和小胡蘿蔔加入盤子裡，與酸奶醬一起食用。

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小貼士

- 希臘酸奶是這個食譜最佳地酸奶。普通酸奶含有太多水。如果你家裡只有普通酸奶，你可以用粗棉布過濾它，去除多餘的水分，使酸奶變稠。
- 你可以將青蔥代替你喜歡的任何香草。一些好的香草代用品包括蒔蘿薄荷和歐芹。



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