

Less than 30 minutes

Makes 2½ cups

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Ingredients:

- ½ (200g) cucumber, grated and drained
- 1 cup (250ml) plain, low-fat or double-cream yoghurt
- 2 small (100g each) beetroots, peeled and roughly grated
- Juice (60ml) and grated peel of 1 lemon
- Handful each parsley and mint, chopped
- Pitas, falafels and salad, for serving

Method

1. Combine cucumber with yoghurt, beetroots, lemon juice and peel, parsley and mint.
2. Serve with mezze platter of pitas, falafel and your favourite salad ingredients.

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