



## JERNEJ KITCHEN

# CREAMY YOGURT CUCUMBER DILL SALAD

*Creamy Cucumber Salad is a quick (15-minute) and easy summer recipe, perfect for everyday healthy lunch or dinner. Made with greek yogurt dill dressing.*

SERVES 2 PEOPLE (AS A SIDE)  
PREPARATION: 15 MINUTES

### CUCUMBER DILL SALAD

- 2 large fresh cucumbers
- 1 red onion
- 1 tsp salt
- 1 spring onion (or scallion)
- 1 tsp chili flakes (optional)

### GREEK YOGURT DRESSING

- 120 g greek yogurt (1/2 cup or 4.4 oz)
- 4 tbsp olive oil
- 2 garlic cloves
- 1 tsp lemon juice, freshly squeezed
- 1 tbsp fresh dill, chopped

### TOOLS AND EQUIPEMENT

- colander
- small bowl / jug
- immersion blender
- bowl

### CUCUMBERS, RED ONIONS AND SALT

Thinly slice the cucumbers and red onion. Transfer to the colander and sprinkle with salt. Toss well and set aside for 5 - 10 minutes.

### GREEK YOGURT DRESSING

In a small bowl or jug blend together greek yogurt, olive oil, sliced garlic, lemon juice, salt, pepper and dill using an immersion blender. The consistency of the dressing should be smooth and creamy. Season to taste with salt and pepper, then transfer to a fridge until needed.

### CUCUMBERS

Squeeze the cucumbers and onion with your hands to release and drain out as much water as possible. This process will help make the cucumbers crunchier and the salad less watery. Transfer to a large dry bowl.

### TIP

[You can make cucumber lemonade with the remaining squeezed cucumber water.](#)

### CREAMY YOGURT CUCUMBER DILL SALAD

In a bowl combine sliced cucumbers, sliced onions, chopped spring onions and half of the greek yogurt dressing. Toss everything together and transfer to a nice serving bowl. Optionally sprinkle with chili flakes and drizzle with the rest of the greek yogurt dressing (or store in the fridge for your next salad). Enjoy.