

# Mint yoghurt

---

Takes 10 minutes and serves 4

## INGREDIENTS

2 tablespoon extra virgin olive oil  
1 lemon, zest and juice  
1 small clove garlic, crushed  
4 tablespoons plain yoghurt  
1 chilli, finely chopped  
Handful of mint leaves, finely chopped

## DIRECTIONS

Mix everything together.  
Pour over your food and eat.

