

Egyptian Yogurt Cucumber Dip (Salatet Zabadee)

Prep Time: 10 minutes

Serves: 4

Ingredients:

- 1 cup **plain yogurt** (preferably thick, Greek-style if available)
 - 1 small **cucumber** (finely chopped or grated)
 - 1 clove **garlic** (minced)
 - 1 tbsp **olive oil**
 - 1 tsp **lemon juice**
 - 1/4 tsp **salt**
 - 1 tbsp **fresh mint** or **dill** (optional)
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Instructions:

1. **Chop the Cucumber:**
 - Finely chop or grate the cucumber. If it's watery, gently squeeze out excess moisture using a paper towel.
 2. **Mix the Yogurt Base:**
 - In a bowl, combine the **yogurt, olive oil, lemon juice, and salt**.
 3. **Add Garlic and Cucumber:**
 - Stir in the **minced garlic** and **chopped cucumber** until well combined.
 4. **Garnish and Serve:**
 - If using, sprinkle with **fresh mint** or **dill**.
 - Drizzle with a little more **olive oil** on top for presentation.
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Serving Suggestions:

- Serve with **pita bread, vegetables**, or as a side dish with **grilled meats**.
 - Use it as a **dip** for your homemade **flatbread** or **hummus**.
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Cultural Note:

Salatet Zabadee is similar to Greek tzatziki but has regional variations in Egypt. It is often served as a cooling side dish alongside spicy foods or eaten on its own as a refreshing snack.