

2 Cracking Cucumber Creations

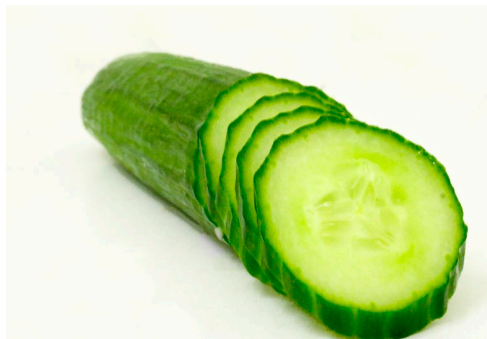
Our lovely mini cucumbers are just coming into season: but although they're super tasty on their own or in a simple salad, there're lots more ways to enjoy their fresh flavour (it's the perfect partner for salmon mousses for a start). Try experimenting with these ideas for a taste of summer, despite the weather!

Cucumber lassi

- ½ mini cucumber
- handful young broad beans
- 2 tbsp natural yoghurt
- 1 sprig fresh mint
- 4 tbsp water

Chop or grate the cucumber, podded beans and mint and blend with the yoghurt and water. Serve with a nice hot curry and rice.

Leave out the water and add more yoghurt, garlic, salt and some dill for a nice light tzatziki, and serve with Greek salad and grilled lamb kebabs.



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Summer Sambal

- 1 mini cucumber
- 1 red pepper
- 1 avocado
- 1 tbsp lemon juice
- 1 tbsp olive oil
- splash balsamic vinegar
- 1 tbsp dill, finely chopped
- freshly ground black pepper

Peel and deseed the cucumber, pepper and peel and destone the avocado. Cut everything into fine cubes, and mix with the juice, oil and vinegar. Sprinkle with pepper and dill; serve with smoked salmon or mackerel.



Tel: 01793 772287
info@purtonhouseorganics.co.uk
www.purtonhouseorganics.co.uk

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