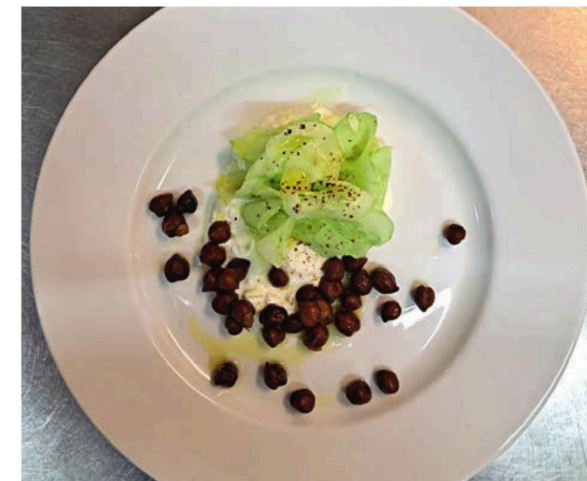


cetrioli con condimento di yogurt al limone

Cucumber salad with a yoghurt and lemon sauce

Ingredients for 4 people

300 – 400 g cucumbers	peel and cut into fine slices
160 g yoghurt	leave to drain lightly in a sieve (or use thick Greek yoghurt, then reduce the amount)
160 g preserved salted lemon (recipe no. 71)	Alternatively grated zest and a little juice of a fresh lemon) mix into the yoghurt, salt and pepper it.
120 g cooked black chickpeas	Alternatively use cooked black lentils.
4 tbsp olive oil	Before serving, salt the cucumbers and oil them a little.
To serve: Check the seasoning of the sauce again, put it on the plate and place the cucumber on top. Grind a little pepper over it.	



VERONICA'S TIP

You will find the recipe for the salted lemons on our website as number 71 under «Conserve». A note on it: you can also quarter the lemons and then coat them with the salt-and-sugar paste. That solves the space problem and you can simply preserve two lemons in a jam jar.

Try it – it is worth it!