

## Home-made yoghurt dressings



### Yoghurt dressing with fresh herbs

Blend together 200 g yoghurt, 2 tbsp chives, 2 tbsp parsley, 2 tbsp dill and 1 tbsp lemon juice. Season to taste with salt and pepper. Serve with a salad or grilled fish.

### Garlic yoghurt dressing

Blend together 200 g yoghurt, 1 clove crushed garlic, 1 tbsp chopped chives and 1 tbsp chopped basil. Stir in 2 tbsp olive oil, season with salt and pepper, and whisk into a smooth dressing using a regular blender or an immersion blender. Serve with jacket potatoes, lamb, etc.

### Spicy sriracha yoghurt dressing

Blend together 200 g yoghurt, 3 chopped sun-dried tomatoes, 1 tbsp sriracha, 1 tsp dried oregano and 1 tsp rosemary. Use an immersion blender to whisk the ingredients into a smooth dressing. Season to taste with salt and pepper. Delicious with grilled meat or vegetables.

Tip: add a little water if the dressing is too thick.