

Cucumber salad with strawberries and dates |

Recipe for 4

Description

Ingredients

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- 300 Gr Cucumber
- 200 Gr Strawberry
- 100 Gr Pitted dates
- 30 Gr Pine nuts
- 2 Sprig(s) Mint
- 2 Sprig(s) Parsley
- 125 Ml Plain greek yogurt 0%
- 1 Tsp Honey
- 1 Tbsp Olive oil

- Salt and pepper

Preparation

- Preparation time **20 mins**

Prep

Finely chop the mint and the parsley.

Process

Wash the strawberries and dice them. Wash and dry the dates, cut them in small pieces.

Wash and peel the cucumber, then dice finely.

In a bowl, place the cucumber, then the strawberries and the dates at last. Sprinkle some mint leaves to decorate.

In a bowl, to prepare the sauce, mix the yogourt, the finely chopped fresh mint and parsley, the pine nuts, the honey, the olive oil and some salt and pepper to taste.

Once well combined, drizzle the sauce onto the salad just before serving.

Bon appétit!