

SALATIT ZABADI



A classic Egyptian snack, Salatit Zabadi, is the Egyptian cousin of the Greek dip tzatziki. Zabadi is traditionally served as one of a number of mezze style dips (hummus, baba ganoush) alongside warm pitta bread and salad.



Skills Check: Follow a recipe; Follow food safety and hygiene rules; Tidy away; Chop using the bridge/claw technique safely; Snip herbs with scissors; Use a colander; Crush garlic.

Equipment: Colander, Knife, Chopping board, Bowl, Spoon.

Ingredients:

- 450g Greek-style plain yogurt
- 1 English cucumber, deseeded
- 1 tsp salt
- 1 clove of minced garlic
- A handful of mint leaves, chopped
- Olive oil

Method

1. Drain the yogurt of any liquid to make it as thick as possible.
2. First slice the cucumber into very thin slices, and then dice them. Place the diced cucumber in a bowl and sprinkle with salt. Leave for one hour.
3. Drain the liquid from the cucumber and add the yogurt, garlic, mint and olive oil. Garnish with a mint sprig and serve with warm pitta bread or vegetable sticks.



SALATIT ZABADI Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

Energy, sugar, fat and salt per serving

Per 62g serving

	ENERGY 181kJ / 44kcal	2%
MED	FAT 2.6g	4%
MED	SATURATES 1.4g	7%
LOW	SUGARS 1.5g	2%
MED	SALT 0.4g	7%

% of an adult's reference intake
Typical values per 100g : Energy 291kJ / 70kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage

So, thinking about Salatit Zabadi...

Yogurt is an excellent source of calcium, and a good source of Vitamin D for strong teeth and bones.

Vegetables are so good for us! Low in fat, sugar and calories and high in vitamins and minerals.

