

# *Artichoke & Lemon Zest Labneh with Mint*



*R & J Mazza*  
*GLOBE ARTICHOKES*

## **Ingredients**

500ml Traditional Greek Yoghurt  
1/3 cup artichoke hearts, chopped  
1 garlic clove, crushed  
½ teaspoon lemon zest  
Salt & cracked pepper, to taste  
Extra virgin olive oil  
Fresh mint



## **How to Prepare**

1. Place yogurt in a bowl. Add garlic, artichoke hearts, lemon zest and salt to yogurt and mix well.
2. Place a muslin cloth in a sieve and rest it over a bowl. Pour the yogurt mixture into the lined sieve and twist the top of the cloth to make a ball.
3. Place in fridge and leave for at least 24 hours, occasionally squeezing and twisting the top of the cloth to drain excess fluid. This will make the cheese firmer.
4. Once cheese is firm, remove from the muslin cloth and place in a serving plate. Pour a little olive oil over the top. Season with salt and cracked pepper. Garnish with fresh mint leaves.

