



RECIPE | CUCUMBERS

CUCUMBER SUSHI SPIRALS



TOTAL TIME

15 minutes

PREP TIME

15 minutes

COOK TIME

N/A

SERVES

2

COOKING LEVEL

Easy

INGREDIENTS

- 2 Pure Flavor® Organic Long English Cucumbers, sliced lengthwise into long thin strips
- 1 Pure Flavor® Organic Red Sweet Bell Pepper, diced
- ½ cup plain organic Greek yogurt
- ¼ cup organic feta cheese, crumbled
- ¼ cup organic red onion, diced
- 1 clove organic garlic
- 2 tsp organic lemon juice
- 1 tsp fresh organic dill, chopped, plus more for garnish
- Salt and pepper, to taste

DIRECTIONS

1. In a small bowl, combine yogurt, lemon, garlic, dill, feta cheese, salt and pepper.
2. Spread sauce onto a cucumber slice and carefully roll. Secure with a toothpick through the middle to hold it together. Top with pepper, onion, extra feta and dill. Continue until you have used up all your ingredients.



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