

Yogurt Sauce

Total: 5 min · Prep: 5 min · 4 servings · Easy · Sauces & Dressings

Vegetarian

Gluten-Free



INGREDIENTS

250 g Greek yogurt

2 tbsp Olive oil

1 tsp Cumin

1 pc Garlic cloves

1 tsp Smoked paprika

to taste Salt

INSTRUCTIONS

- 1 Toast cumin seeds in a small dry heated skillet, stirring constantly, until fragrant, about 1 minute.
- 2 Transfer the cumin to a plate to cool.
- 3 Mince the garlic.
- 4 In a bowl, mix yogurt, sour cream, salt, and smoked paprika.
- 5 Grind the cumin seeds into powder by any method.
- 6 Add the cumin powder to the sauce and mix well.
- 7 Cover the sauce and let it rest for at least 1 hour.

Nutrition per serving: 128 kcal · Protein 9.0 g · Fat 8.0 g · Carbs 6.0 g · Fiber 0.3 g