



Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mütevazı Lezzetler® Turkish cooking recipes

Carrot Salad With Yogurt

Yoğurtlu Havuç Salatası



2 thick carrots
2 tbsp olive oil
1/3 cup pounded walnut, thickly
6 tbsp yogurt
3 garlic cloves
1 tsp salt
1 tsp cumin
1/2 tsp crushed red pepper

- # Grate the carrots with the thick side of the grater.
- # Make the olive oil red hot, add grated carrots on it, and sauté until it softens.
- # Before removing from the stove add the walnut and stir a few times.
- # Turn off the stove and let it stand to cool down.
- # In the meanwhile prepare the yogurt with garlic.
- # Mix the cool carrot, yogurt with garlic, salt and cumin very well.
- # Place on the service plate and sprinkle crushed red pepper over it.

Note: You should prepare this salad at least 2 hours earlier than meal.