Purslane with garlic yogurt

Whole recipe

Ingredients

1 kg	Purslane
1.5 kg	Yogurt 7¼ glass
12 g	Garlic 4 clove
6.1 g	Salt 1 tsp

Allergens

Allergen information is not complete yet. Worked out from the ingredients. It does not cover contact in your kitchen.

Method

1. Pick over the purslane and wash it in plenty of water.
2. Cook the purslane in a pot in its own juices for 3-5 minutes.
   3 min
3. Take it off the heat, squeeze out the excess liquid, cool and chop finely.
4. In a separate bowl, crush the garlic, add the yogurt and mix well.
5. Drizzle the yogurt mixture over the purslane and serve. Use the salt as well, 1 teaspoon as listed.

Last changed: November 1, 2026
T.C. Millî Eğitim Bakanlığı, Salata ve Salata Sosları (2007)
tatname.com/en/tarif/semizotu-cacigi-meb-salata-2007