Carrots in garlic yogurt with walnuts

Serves 6

Ingredients

560 g	Carrot 9¼ pc
91.3 g	Olive oil ½ glass
6.1 g	Salt 1 tsp
300 g	Strained yogurt
9 g	Garlic 3 clove
100 g	Walnut 1 glass

Allergens

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

Method

1. Scrape and peel the carrots, wash them and grate them on the coarse side.
2. Put the olive oil, grated carrot and salt in a pan. Sauté over low heat for 15-20 minutes, until the carrot releases its juice, the juice cooks away and the carrot is very soft. Let it cool a little.
   15 min
3. Add the strained yogurt and garlic to the carrot and mix thoroughly.
4. Set a few walnut pieces aside for garnish and gently stir the rest into the mixture.
5. Transfer to a plate, shape with a spoon and top with the reserved walnuts.

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Sivas İl Kültür ve Turizm Müdürlüğü sitesi, Asırlık Tariflerle Türk Mutfağı (PDF; kitapta yazar, yayıncı ve yıl yok)
tatname.com/en/tarif/yogurtlu-havuc-sivas-asirlik