

Curry Yogurt Dip

10 servings

🕒 15 minutes

Curry powder is actually a spice blend of turmeric, cumin, black pepper, and ginger - some also contain cinnamon and garlic. This pungent spice blend blooms when added to hot oil, creating a depth of flavor that is unmatched. This dip is perfect for cool, crisp vegetables such as carrots and celery or as a spread for sandwiches.

Ingredients

- 2 tbsp olive oil
- 1 small shallot, minced
- 3 garlic cloves, minced
- 2 tsp curry powder
- ¼ tsp red pepper flakes
- ¼ cup plain Greek yogurt
- 2 tbsp cilantro, minced
- 2 tbsp lime juice
- ¼ tsp salt
- 2 tsp honey or maple syrup

Method

1. Heat oil in a small skillet over medium-high heat until it shimmers. Add shallot and cook until softened. Stir in curry, red pepper flakes, and garlic; cook until fragrant, about 1 minute.
2. Remove from heat, and stir in remaining ingredients.
3. Cool, then refrigerate for a couple of hours. Serve as dip with cut vegetables or use as a spread on a sandwich.

