

Herb yoghurt sauce



PREP TIME: 5 minutes

COOK TIME: 0 minutes

SERVES: 2

CALORIES PER SERVING: 33

INGREDIENTS

- ☐ 1 ¹/₃ cup natural yoghurt
- ☐ 2/3 cup fresh lemon juice (1 lemon)
- ☐ 2 tbsp fresh parsley
- ☐ 2 tbsp fresh dill
- ☐ 2 tbsp fresh mint
- ☐ 1 garlic clove
- ☐ salt
- ☐ pepper

INSTRUCTIONS

- 1:** Juice lemon, chop parsley, dill mint and mince or crush the garlic
- 2:** Use a fork to whisk together the yoghurt and lemon juice in a small bowl.
- 3:** Add the parsley, dill, mint and garlic. Season with salt and pepper. Mix until well combined.
Serve with your next chicken, lamb or fish meal

TIP: You can switch to a low-fat yoghurt for a low-calorie and heart smart dressing.