



# LABAN TURMERIC SALAD

Adapted from  
various Middle  
Eastern cuisines

**Nutrition Facts Per Serving:** Calories 238, Protein 27g, Carbs 11g, Fat 7g

Cooking process and additional ingredients added at home will affect the total value.

**Preparation Time:** 5 min



## INGREDIENTS

Yoghurt

Onion

Organic Cucumber

Sea Salt

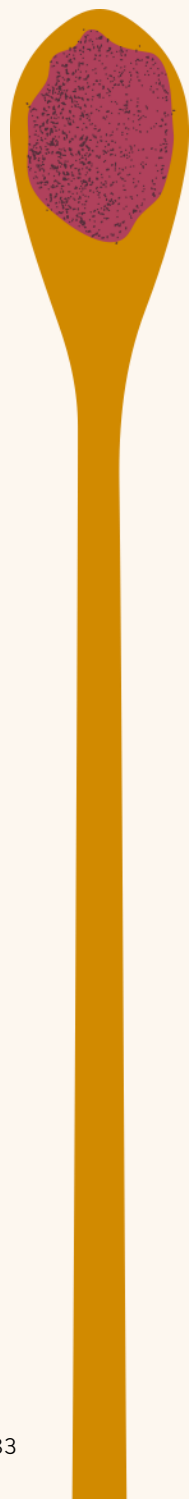
Extra Virgin Olive Oil

Garlic

Signature Laban Spices

# METHOD

1. Strain cucumbers from any liquid.
2. Rub seasoning with hand, keep  $\frac{1}{4}$  tsp on the side for garnish, then combine with yogurt, add the olive oil & whisk to homogenize.
3. Add as much garlic & onion as preferred, half the salt & fold into the yogurt mixture to mix well.
4. Add most of the cucumber keeping a tablespoon or so for garnish.
5. It is advisable that you refrigerate mixture for about 2 hours and take out from fridge about 10 minutes before serving,
6. Stir gently to mix, adjust salt to taste then spoon to serving dish and garnish with reserved cucumbers and seasoning.



BON APPETIT