

Carrots with Yogurt

Mediterranean-style grated carrots with yogurt and dill. A healthy, easy appetizer ready in 30 minutes. Perfect for any table!

20 min

PREP

10 min

COOK

30 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Ingredients

- 4 carrot
- 1 sprig dill
- 2 tbsp olive oil
- 2 clove garlic
- 1 tsp salt
- 5 tbsp strained yogurt

Instructions

- 1 Prepare the Carrots**

Wash and peel 4 carrots, then grate them using the medium holes of a box grater.
- 2 Cook the Carrots**

Heat 2 tablespoons olive oil in a large frying pan over medium heat until shimmering, about 1-2 minutes.
- 3** Add the grated carrots to the hot oil and cook, stirring occasionally, for 3-4 minutes.
- 4** Mince 2 cloves garlic and add to the carrots along with 1 teaspoon salt.
- 5** Continue cooking, stirring frequently, until the carrots are tender and lightly golden, about 3-4 more minutes.
- 6 Cool and Mix**

Remove the pan from heat and let the carrot mixture cool completely to room temperature, about 15-20 minutes.
- 7** Finely chop 1 sprig fresh dill, removing any thick stems.
- 8** Stir 5 tablespoons yogurt and the chopped dill into the cooled carrots until evenly combined.

9 Chill and Serve

Transfer to a serving dish, cover, and refrigerate for at least 1 hour to allow flavors to meld before serving.

Tips

Grate carrots using the medium setting on your grater for the best texture - too fine and they'll become mushy, too coarse and they won't cook evenly.

Don't rush the cooling process - warm carrots will cause the yogurt to separate and become watery, so let them cool completely before mixing.

Use full-fat Greek yogurt for the creamiest texture and richest flavor. The extra fat content helps the dish hold together better.

Taste and adjust seasoning after the dish has chilled - cold foods often need more salt than you might expect.

Fresh dill makes a significant difference in flavor compared to dried - if you must use dried, use only 1/2 teaspoon and add it during cooking.

For deeper flavor, let the garlic cook for 30 seconds before adding the carrots to allow its aroma to develop.

Make this dish a day ahead for the best flavor - the overnight rest allows all the ingredients to meld beautifully together.

Serve at room temperature rather than straight from the fridge to allow the full flavors to come through.