



Curried Tahini Sauce

Recipe makes:
9 portions (130g)

Preparation time:
5 minutes

Nutritional Information	1 Portion (14g)
Energy	54kcal
Carbohydrates of which sugars	0.3g 0.1g
Protein	1.4g
Fat	5.2g

Ingredients:

- 2 cloves of garlic, minced
- ½ tbsp freshly squeezed lemon juice
- 1 tbsp olive oil
- 40ml water
- 60g tahini (sesame) paste
- 1 tsp erythritol (or another suitable sweetener that is equivalent to 1 tsp sugar)
- ¼ tsp sea salt
- ½ tsp ground black pepper
- ½ tbsp curry sauce, prepared with a little water
- 10ml rice vinegar

Method:

1. Place ingredients into a blender, and blend into a smooth paste.
2. Pour the paste into a clean jar or a food container and chill until ready to use.

Chef's Tips:

- Use in the Curry Bean Salad (see separate recipe card).
- Also great with fish or meat dishes.

This recipe has been specifically designed for the dietary management of Glycogen Storage Disease. Refer to labels for allergen and other product information.



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