MIDDLE EASTERN · SAUCE

Lebanese Lemon-Garlic Tahini Sauce

5 min · Makes 9 × 2 tbsp · 82 kcal a portion · Video 4:11 · Feelgoodfoodie

Vegan · Gluten-free ingredients · Nut-free

Made from just sesame paste, lemon, garlic and water: no added sugar, about 2 g of net carbs a portion, and mostly unsaturated fat from the sesame.

Diet notes: Keto (2.4 g net carbs a serve).

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Ingredients

5 · MAKES 9 × 2 TBSP

- [ ] 120 g **tahini paste** (100% sesame)
- [ ] 80 ml **fresh lemon juice**
- [ ] 2 **garlic** cloves, crushed
- [ ] ¼ tsp **salt**
- [ ] 60 ml **water** (up to 120 ml for a thinner sauce)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Sesame. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Measure the tahini into a medium bowl, choosing a brand made only from sesame seeds. 0:59
2. Squeeze in the fresh lemon juice, crush in the garlic (crushing rather than mincing keeps it mellow) and add the salt. 1:05
3. Whisk hard, or blitz in a small blender, until it turns into a smooth, thick paste. 2:03
4. Whisk in the water a little at a time: keep it thick as a dip, or thin it to a pourable dressing for salads, bowls, falafel or shawarma. Taste and adjust the lemon, salt or water. 2:18

> **Tip** Makes about 240 ml with 60 ml water. Keeps up to 2 weeks in the fridge, where it thickens; loosen with a splash of water before using. The cook says it also freezes for up to 3 months.

The method is a summary in our words — the video shows every step.

One portion (2 tbsp) gives you

1 OF 9 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
82 kcal	2.3 g	3.7 g	1.3 g	7.2 g	80 mg
340 kJ	5% of a day	2.4 g net · 0.3 g sugars	5% of a day	1 g saturated	3% of a day
		1% of a day		9% of a day	

Energy from net carbs 11% · protein 11% · fat 78% — fits keto: 2.4 g net carbs, 78% of the energy from fat

Recipe and video: Feelgoodfoodie (@Feelgoodfoodie) on YouTube — youtube.com/watch?v=P6o22NUOniE, published 16 October 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/lebanese-lemon-tahini-sauce