

INGREDIENTS

- 2 tablespoons butter
- 1 ½ teaspoons garlic powder
- ½ cup milk or water - (Brett used fat free)
- ¾ cup plain Greek yoghurt - (Brett used 0% fat)
- ½ - ⅔ cup parmesan cheese (grated)
- Salt and pepper to taste
- Pasta for 2 (cooked as per packet instructions)

TO SERVE

- Fresh herbs to garnish (e.g. basil)
- Extra parmesan

INSTRUCTIONS

1. In a medium pan, melt butter over medium heat. Stir in garlic powder. Stir in milk (or water). Remove from heat, whisk to combine the garlic butter mix with the milk, removing any lumps
2. Allow to cool for 2-3 minutes. Gradually whisk in Greek yoghurt (putting the yoghurt in when it's too hot could cause it to split)
3. Add parmesan cheese to the sauce and stir until melted (if the cheese doesn't melt completely because the sauce is too cool, return to stove on low for a couple of minutes)
4. Add salt and pepper to taste and toss with your favourite cooked pasta
5. Garnish with fresh herbs and some more grated parmesan



Greek Yoghurt Alfredo



2 servings



15 minutes

Using up leftover Greek yoghurt adds a unique twist to a classic pasta Alfredo. The yoghurt gives a slight tartness to the dish, but also provides a fresh and light taste in comparison to its creamy cousin.

This Alfredo is light enough to be enjoyed in summer, but with a comforting feel that makes it perfect for winter too, a real all-rounder. Goes wonderfully with a glass of crisp white wine!