Beetroot S



Beetroot dip



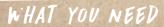
Total preparation and cooking time: 5 minutes



Makes 2 tubs



Dip can be frozen in portions



2 x 450g cans of baby beetroot, drained

2 garlic cloves, finely chopped

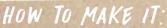
2 tbsps. lemon juice

½ tsp. ground coriander

½ tsp. ground cumin

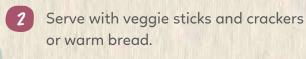
½ tsp. ground sweet paprika

1/4 tsp. ground cinnamon





Place all the ingredients into a blender and whizz until smooth and combined.





DID YOU KNOW?

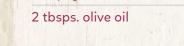
YOU CAN EAT MY

In 1975, Russian









www.familyfoodpatch.org.au



Roasted beetroot couscous salad

Total preparation and cooking time: 40 minutes



HOW TO MAKE IT:

Serves: 4

WHAT YOU NEED:

2 large beetroots, skin on but ends trimmed, cut into bite sized chunks

2 tbsp. olive oil

1 large sweet potato, skin on but ends trimmed, cut into bite

1 cup of couscous

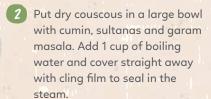
½ tsp. garam masala

1/2 cup sultanas or raisins

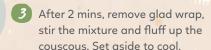
½ cup feta cheese, crumbled into small parts

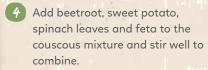
100g baby spinach leaves

Pre-heat the oven to 200° C. On a tray covered in baking paper, place the chopped beetroot and sweet potato in a single layer and drizzle with olive oil. Cook in the oven for 30 mins until soft. Once



cooked, set aside to cool.







sized chunks

½ tsp. cumin



Serves: 4-6

Total preparation and

Soup can be frozen

cooking time: 30 minutes

WHAT YOU NEED.

1 tbsp. olive oil

1 brown onion, finely chopped

1 tbsp. fresh ginger, peeled and finely chopped

3 garlic cloves, finely chopped

5 cups salt-reduced vegetable stock

3 large beetroots, peeled and cut into bite sized chunks

1 small tin (165ml) coconut milk



Beetroot, ginger and coconut soup

On a stove top, heat the oil in a large saucepan over a medium heat. Add the onion, ginger and garlic. Cook until the onion is soft.



Add 4 cups of the stock and add the beetroot. Bring to the boil and then reduce heat and simmer for 20 mins until beetroot is soft.



Remove from heat and cool before blending.

