

Beetroot

RECIPES



Beetroot dip



Total preparation and cooking time:
5 minutes



Makes 2 tubs



Dip can be frozen in portions

WHAT YOU NEED

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

¼ tsp. ground cinnamon

2 tbsps. olive oil

HOW TO MAKE IT:



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



2 Serve with veggie sticks and crackers
or warm bread.

★ BEETROOT CAN BE EATEN
RAW, COOKED, PICKLED
AND JUICED!

FUN FACT:

In 1975, Russian
astronauts ate Beetroot
soup (called borscht)
while in space!

www.familyfoodpatch.org.au



DID YOU KNOW?
YOU CAN EAT MY
LEAVES TOO!



Beetroot, ginger and coconut soup

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

HOW TO MAKE IT:



- 1 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.



- 2 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.





- 3 Remove from heat and cool before blending.



- 4 Stir in coconut milk and final cup of stock, warm through and then serve.

Roasted beetroot couscous salad

 Total preparation and cooking time: 40 minutes
 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 sized chunks
- 1 cup of couscous
- ½ tsp. cumin
- ½ tsp. garam masala
- ½ cup sultanas or raisins
- ½ cup feta cheese, crumbled into small parts
- 100g baby spinach leaves

HOW TO MAKE IT:



- 1 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.



- 2 Put dry couscous in a large bowl with cumin, sultanas and garam masala. Add 1 cup of boiling water and cover straight away with cling film to seal in the steam.




- 3 After 2 mins, remove glad wrap, stir the mixture and fluff up the couscous. Set aside to cool.



- 4 Add beetroot, sweet potato, spinach leaves and feta to the couscous mixture and stir well to combine.




SERVE AS A SIDE
SALAD WITH A
BBQ OR PERFECT
ON ITS OWN!