

Beetroot Raita

SERVES: 6

This delicious and colourful dip goes well with INDIAN Flatbread

NOTE: Do not completely slice off the root end as the beetroot will 'bleed' much of its juice into the water

INGREDIENTS:

- 2 small-medium beetroot, trimmed
- 375g plain yoghurt
- 1 tsp ground cumin
- Pinch of salt
- 2 tsp vegetable oil
- ½ tsp black mustard seeds
- 1 green chilli, de-seeded and finely chopped
- 8 coriander sprigs, roughly chopped

METHOD:

1. Prepare all of the ingredients based on the instructions in the ingredients list
2. *fill the medium sized saucepan with water and bring to the boil
3. Add the beetroot and simmer for 20-40 minutes or until a fork slides easily through the flesh. Drain, and set aside to cool
4. When the beetroot is cool enough to handle, slip the skins off with your fingers
5. Coarsely grate the beetroot and place in the medium-size bowl
6. Add the yoghurt and stir to combine
7. Add the ground cumin and salt, then mix and taste, adding more salt if needed
8. Heat the oil in the frying pan over a medium heat
9. Add the mustard seeds and chilli, then cook until the mustard seeds start to pop. Remove from the heat
10. Tip the mustard and chilli oil into the beetroot and yoghurt mixture and stir to combine
11. Fill into a serving bowl and garnish with the coriander

