



Beetroot Raita

SERVES: 6

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-sized 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. Divide the raita evenly between the serving bowls and garnish with the coriander