

BETROOT



PREPARATION

- Scrub clean under water with a soft brush.
- Slice off stems and leaves.
- Slice beetroot into chunks or rounds.
- No need to peel the beetroot.

ADD FLAVOUR

- Chop beetroot into chunks, drizzle over 1 Tbsp oil combined with 1 Tbsp honey and roast for 30 minutes.
- Blend cooked beets with chickpeas and fresh herbs to make beetroot hummus.

STORAGE

- In plastic bags or loose in the vegetable section of refrigerator.
- Beetroot puree can be made in advance and frozen. Just remove from freezer and defrost when needed.

VEGE UP

- Add sliced, cooked beetroot to homemade hamburgers.
- Add roasted or boiled beetroot to roast vegetable salads with pumpkin, kumara, potatoes or carrots.
- Add 1 cup pureed beetroot to cake or muffin mixes.
- Add freshly grated beetroot into salads with grated apple, carrot and lemon juice.

COOKING

- Boil in a covered pot of water for approximately 20 minutes or until just tender (longer for larger beetroot – 45 minutes).
- Peel beetroot, cut in half and microwave in a covered dish on high for 3 minutes each beetroot, or until tender.
- Cover in tinfoil and roast in oven at 180°C for approx 1 hour.