

Beetroot Raita

Season: Spring

Type: Side

Serves: 28 tastings

From the garden: Beetroot

Class Focus: Cleaning & grating beetroot



Equipment:

Small mixing bowl x 1
Wooden spoon x 1
Grater x 1
Chopping boards and knives
Measuring cups
Measuring spoons
Red ramekin x 5
Teaspoon x 5

Ingredients:

1 cup Greek yogurt
1 beetroot (top & tail trimmed, skin-on, roughly grated)
¼ onion (minced)
¼ teaspoon ground cumin
¼ teaspoon salt

What to do:

1. Wash all the vegetables.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Combine all the ingredients for the raita in a small mixing bowl.
4. Serve into 5 red ramekins with a teaspoon in each.