

Roasted beetroot dip



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Ingredients:

6 medium (about 900g) fresh beetroot
Salt and ground black pepper
2 tbs fresh orange juice
3 tsp ground cumin
2 tsp ground coriander
3/4 cup light sour cream or thick natural yoghurt
Baked lavash or sliced Turkish bread, to serve

Method:

1. Preheat oven to 200°C. Trim beets, leaving 2–3cm stalk attached. Gently scrub beets to remove any dirt (do not pierce or damage the skin). Individually wrap beets in foil.
2. Roast beets, turning occasionally, for 1 hour or until tender. Open foil and leave to cool for 10 minutes. Wearing rubber gloves, gently rub beets to peel and discard skin.
3. Place beetroot flesh, orange juice, cumin and coriander in a food processor. Process until smooth. Add sour cream or yoghurt and season with salt and pepper to taste. Process until combined. Transfer to a bowl and refrigerate overnight.
4. Spoon beetroot dip into a serving bowl and serve with baked lavash or sliced Turkish bread.

Health benefits:

Beetroot

- Excellent source of folate
- Moderate source of vitamin C and potassium
- Good source of fibre
- Contains some iron and zinc

Makes: 2 1/2 cups

Preparation: 30 minutes
(+ overnight chilling)

Cooking: 1 hour

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