

# Roasted beetroot & yoghurt dip



## Roasted beetroot & yoghurt dip

**Preparation:** about 30 minutes

**Cooking:** about 1 hour

**Makes:** 2½ cups

1 kg fresh beetroot  
2 tbs fresh orange juice  
3 tsp ground cumin  
2 tsp ground coriander  
¾ cup Greek-style thick natural yoghurt  
Salt and ground black pepper  
Lavash crisp breads or grilled Turkish bread,  
to serve

1. Preheat oven to 200°C/180°C fan-forced. Trim beets, leaving 2-3cm stalk attached to each beet. Gently scrub and pat dry with paper towel. Wrap each beet in foil. Place on a baking tray and roast, turning occasionally, for 1 hour or until tender when tested with a skewer. Remove from oven, carefully open foil and stand for 15 minutes. Wearing disposable gloves, gently peel beets and roughly chop flesh.
2. Place chopped beetroot, orange juice, cumin and coriander in a food processor. Process until smooth. Add yoghurt and season with salt and pepper to taste. Process until combined. Transfer to a bowl and refrigerate for 2 hours or overnight for flavours to develop.
3. To serve, spoon dip into a serving bowl and serve with lavash crisp breads or grilled Turkish bread.



### Beetroot

- An excellent source of folate, the B vitamin that is especially important during the early stages of pregnancy. One medium beetroot provides about half an average adult's recommended dietary intake of folate.
- The purple pigments in beetroot act as antioxidants and may have beneficial effects for health.
- A good source of dietary fibre, needed for a healthy digestive system.