

## Beetroot

**Store** Store beetroot in vege drawer or in a plastic bag in the fridge.

**Prepare**

- Trim leaf stems to 2cm and scrub clean with a soft brush.
- Don't trim the root part at bottom of the plant.



**Cook**

- Boil in water, covered until just tender - about 20 mins for small, 45 for larger beetroot.
- Cool and peel by slipping the skin off with your hands ( use gloves to save discolouring your hands).
- Microwave - peel, cut in half cook covered on high until tender about 3 mins per beetroot.
- Roast - wrap whole beetroot in foil and cook 180 about 45 mins.

**Add Flavour**

-Chop into large chunks, place in roasting dish, toss in oil, with some thyme and roast 180 for 30 mins.

**Vege Up**

- Add sliced beetroot to homemade hamburgers for more taste and colour.
- Mix cooked diced beetroot with baby spinach and feta cheese for a delicious salad.
- Mix diced beetroot with 1 grated carrot +1 stalk celery chopped + 1 red onion sliced+ mint leaves and French dressing.
- Grate well washed raw beetroot and mix in a French dressing to serve as a salad.



## Recipe Ideas

**Sweet & Sour Beetroot**

1/2 kg beetroot  
1/4 cup sugar  
1/4 cup vinegar  
1/2 tsp salt  
2 tsps cornflour

In a pot place the raw beetroot and cover with water. Cook covered 20 – 40 or until tender. Drain but keep 1/4 cup of the liquid. Dice beetroot and set aside. Mix together the sugar, cornflour, salt, vinegar and cooking liquid and stir until thickened. Add the diced beetroot and heat through

