

Beetroot Puree & Yoghurt



Ingredients (Serves 4): 500g cooked beetroot, 1-2 cloves of garlic (crushed), 1 small red chilli, 200g natural or Greek yoghurt, 3-5 tbsp extra virgin olive oil, 2 dates (de-stoned), salt & pepper to season, sesame seeds

Additional: Sesame or Chilli oil to flavour

Preparation: <10 minutes if using pre-cooked beetroot*

1. Chop the cooked beetroot into 4-5 large chunks and add to the blender along with the garlic, dates, chilli, yoghurt, salt and pepper and blend to a smooth puree.
2. Transfer into a serving dish and pour over the olive oil and sprinkle with sesame seeds
3. Serve immediately as a dip or as an accompaniment to meat, fish & vegetarian dishes.

*For best results oven-bake the beetroot for c. 1 hour until you can easily insert a knife into the flesh. Remove from the oven, peel and cut into 4-5 large chunks to add to the blender. Avoid preserved or pickled beetroot as the vinegar flavour will overwhelm the puree and may cause the yoghurt to curdle.