

# Beetroot Dip

**Serves: 6-8**

**From the Garden:** beetroot, mint, lemons

## **Ingredients:**

2 large beetroot  
1/2 cup greek-style yoghurt  
1 clove garlic, crushed  
1 tsp ground cumin  
2 tbsp lemon juice  
Mint leaves (approx 2 tbsp shredded mint leaves)

## **Equipment:**

Basic toolbox, Chopping board, Baking sheet, Food Processor

## **Method:**

1. Preheat oven to 200 C.
2. Wash and dry beetroot. Cut off leaves. Cut in half. Line baking sheet with baking paper. Place beetroot on tray and place in oven. Roast beetroot for about 1 hour or until beetroot is tender. **\* Remove tray from oven\*** When beetroot is cool, peel and chop coarsely into small pieces.
3. Place beetroot in food processor and blend until smooth. Now add crushed garlic, cumin and lemon juice to food processor and blend briefly until thoroughly mixed.
4. Scrape out dip into metal bowl.
5. Finely shred mint leaves, (chiffonnade), and stir through beetroot mixture.
6. Place beetroot dip into serving bowl. Garnish with extra mint leaves.
7. Serve dip with wedges of warmed pita bread, toasted Turkish bread or vegetable batons.

Enjoy!

*NB: You may like to wear disposable gloves when peeling the cooked beetroot as it can stain your hands.*

**Tasks within two \* \_\_\* means please get an adult to help.**

Recipe reference: created by Jacky Cronin, Wodonga West Primary School