

# Beetroot

2 WAYS

## BALSAMIC ROASTED BEETS

SERVINGS: 3-4

PREP TIME: 5 MIN

COOK TIME: 30-40 MIN

### Ingredients

1 bunch of beets, tops removed  
1 Tbsp Olive Oil  
1 Tbsp Balsamic vinegar  
1 Tbsp Honey / Maple Syrup  
(optional)  
Salt & Pepper

### Directions

1. Preheat oven to 425, line a baking sheet with foil or parchment paper
2. Rinse beets & chop into medium sized cubes
3. Toss beets in oil and salt (approx 1 tsp)
4. Place on baking sheet & roast about 20. Flipping once halfway through
5. Combine Vinegar & optional sweetener.
6. When beets are soft to the touch, drizzle with vinegar mixture and return to oven for 10 mins



## BEETROOT, DILL & MUSTARD SEED SALAD

BASED ON NIGELLA LAWSON'S RECIPE

SERVINGS: 6

PREP TIME: 15 MIN

COOK TIME: 2 MIN

### Ingredients

1 Bunch of dill (chopped)  
500 g beets  
Juice of 1 lemon (2 Tbsp approx)  
2 Tbsp Olive Oil  
2 Tbsp Mustard Seeds  
1 Tbsp chopped parsley (optional)

### Directions

1. Wash & then grate beetroot (in a food processor or on a grater)
2. Mix with chopped dill
3. Cover with lemon juice & olive oil
4. Toast mustard seeds in pan for 2-3 minutes
5. Add to beets, and mix well
6. Serve, topped with parsley if desired