

Beetroot Puree Dip

Recipe from Claire Sambolino
BANT Registered Nutritionist ®



MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	457 kj	5%
Energy (kcal)	110 kcal	6%
Fat	6g	9%
of which saturates	1.8g	9%
Carbohydrate	8.4g	3%
of which sugars	7.8g	9%
Fibre	1.8g	7%
Protein	4.5g	9%
Salt	0.26g	4%

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Ingredients: (Serves approx 6-8)

500g fresh beetroot,
1-2 cloves garlic ,crushed,
1 small red chilli,
200g natural or Greek yoghurt (**MILK**),
3-5 tbsp extra virgin olive oil,
2 dates, de-stoned (optional),
salt & pepper to season,
1 tbsp **SESAME** seeds (optional)

Method:

1. Cook your beetroot . For best results oven-bake the beetroot at 180C/160°Cfan/gas 4, wrapped in tin foil for approx. 1 – 1.5 hrs or until you can easily insert a knife into the flesh OR boil in a pressure cooker for about 12 to 15 minutes until cooked (times may vary depending on the size of the beetroot used). Peel before use.
2. Chop the cooked beetroot into 4-5 large chunks and add to the blender with the garlic, dates (if using), chilli, yoghurt, olive oil, salt and pepper and half of the sesame seeds and blend to a smooth puree.
3. Transfer into a serving dish sprinkle with the remaining sesame seeds.
4. Serve immediately as a dip or as an accompaniment to meat, fish & vegetable dishes.

ALLERGENS



MILK



SESAME

MODIFY

Switch yoghurt for the juice and zest of 1 lemon for a dairy free version. Add extra olive oil to reach desired consistency



Dairy free

CREDIT

Recipe by: Yotam Ottolenghi
Photo by: Claire Sambolino