

Beetroot Dip

Season: All

Difficulty: Easy

Serves: 30+ tastes

Recipe source: Various

From the garden: Beetroot

Equipment:	Ingredients:
<ul style="list-style-type: none">• Saucepan• Blender• Knife• Chopping Board• Mixing Bowl• Serving Bowls	<ul style="list-style-type: none">• 3 beetroot• 1 garlic clove• 250g/ml of Greek Yoghurt• 1 teaspoon salt• 2 tablespoons of EVOO• Handful of mint (optional)

What to do:

- Trim the leaves and the root off the beetroot and scrub thoroughly, but leave the skin on. Cut into quarters.
- Place into the saucepan of boiling water for about 20 minutes, until just soft – test they are cooked with a knife.
- Put the cooked beetroot, garlic, salt, EVOO and mint in the blender (**not** the yoghurt yet) at blend until fairly smooth
- Tip into the bowl and stir in the yoghurt (or mix a little in the blender). Serve in small serving bowls for each table.