Indian Beetroot

Ingredients

3 cups of chopped beetroot (approximately 3 beetroot – depends on the size)
½ teaspoon cumin Seeds
1 whole dry red chilli (optional)
4 curry leaves
¼ teaspoon asafoetida
¼ teaspoon turmeric powder
¼ cup fresh grated coconut (optional)
1 teaspoon Vegetable/Sunflower oil
Salt to taste

Preparation

1   Steam the beetroot, until soft and tender.

2   Heat oil in a wok, add cumin seeds,curry leaves, and red chilli. Allow them to crackle.

3   Add asafoetida, turmeric powder, beetroot and salt.

4   Saute for few minutes.

5   Garnish with fresh grated coconut and serve hot

Cooks Note