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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