



Posted on 2 October 2012
by Sharon A

Beetroot Dip

Ingredients

12 Beetroots
1 pot natural yoghurt
pinch of salt
pinch of sugar
oil
teaspoon of mustard seeds
5 curry leaves

Preparation

- 1 Slightly steam the beetroot and grate.
- 2 Whip some yoghurt with a little salt and sugar
- 3 Add the grated beetroot
- 4 Keep aside and refrigerate
- 5 In the meantime heat a tablespoon of oil and to it add some mustard seeds and a few curry leaves till they splutter.
- 6 Add this to the cold yoghurt beetroot dip and mix well....refrigerate and serve cold

Cooks Note
