

## Beetroot Raita

**Season:** Autumn/Winter/Spring

**Serves:** 30 tastes in the classroom  
or 6 serves at home

**Fresh from the garden:** beetroot, coriander, green chilli

**Recipe source:** Foster Primary School, Victoria

This delicious and colourful dip goes well with **Indian Flatbread**.

**Note:** Do not completely slice off the root end as the beetroot will 'bleed' much of its juice into the water.

### Equipment:

metric measuring scales  
and spoons  
clean tea towel  
chopping board  
cook's knife  
medium-sized saucepan  
fork  
colander  
grater  
medium-sized bowl  
mixing spoon  
frying pan  
spatula  
small serving bowls

### Ingredients:

2 small–medium beetroot,  
trimmed  
375 g plain yoghurt  
1 tsp ground cumin  
pinch of salt  
2 tsp vegetable oil  
½ tsp black mustard seeds  
1 green chilli, de-seeded and  
finely chopped  
8 coriander sprigs,  
roughly chopped



### What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. **\*Fill the medium-sized saucepan with water and bring to the boil.**
3. Add the beetroot and simmer for 20–40 minutes or until a fork slides easily through the flesh. Drain, and set aside to cool.
4. When the beetroot is cool enough to handle, slip the skins off with your fingers.
5. Coarsely grate the beetroot and place in the medium-sized bowl.
6. Add the yoghurt and stir to combine.
7. Add the ground cumin and salt, then mix and taste, adding more salt if needed.
8. Heat the oil in the frying pan over a medium heat.
9. Add the mustard seeds and chilli, then cook until the mustard seeds start to pop. Remove from the heat.
10. Tip the mustard and chilli oil into the beetroot and yogurt mixture and stir to combine.
11. Divide the raita evenly between the serving bowls and garnish with the coriander.

**\*Adult supervision required.**