



Beetroot and yoghurt dipping sauce

Equipment

- scissors
- bowls
- juicer
- blender

What to do

1. Blend the beetroot and garlic and mix with yoghurt in a large bowl.
2. Add lemon juice, fresh herbs, salt and pepper. Mix again.
3. Serve in small bowls sprinkled with a little cumin seeds.

Ingredients

- 250 ml greek yoghurt
- 4 large beetroot (about 750g)
- juice of 1 lemon
- 2 Tbsp chopped fresh mint
- 2 Tbsp chopped fresh parsley
- salt & black pepper
- 1 clove garlic
- cumin seeds

From The Garden

- parsley
- mint