

# Beetroot, Mint and Dill Raita

Bialik College Kitchen Garden Program



## Ingredients:

- 1 cup grated beetroot
- 1 cup Greek yoghurt
- handful of fresh mint, chopped
- handful of fresh dill, chopped
- 1 tablespoon red wine vinegar
- salt/pepper, to taste
- fresh mint leaves, to serve

## Equipment:

- metric measuring cups and spoons
- chopping board
- cook's knife
- salad spinner
- large mixing bowl
- grater
- serving bowls

## Method:

1. Grated the beetroot and place in a large mixing bowl.
2. Add the mint, dill and vinegar and toss together to coat evenly.
3. Add the yoghurt and stir through.
4. Add salt and pepper, to taste.
5. Transfer to serving bowls and chill covered in the fridge until you are ready to serve.
6. Garnish with fresh mint leaves on top before serving.