



BEETROOT AND CARROT RAITA

Season:	Any
From the garden:	Beetroot, carrot, mint
Type:	Side dish
Difficulty:	Easy
Country of origin:	India
Serves:	4 serves or 30 tastes
Source:	vegrecipesofindia.com

Equipment

- *chopping board and knife
- *grater
- *bowl and mixing spoon
- *measuring cup and spoon

Ingredients

- *1 ½ cups plain yogurt
- *1 medium beetroot
- *1 medium carrot
- *½ red onion
- *1 tsp cumin powder
- *salt to taste
- *small bunch of mint

Method

1. wash and grate the beetroot and carrot
2. chop onion and mint finely
3. mix all the ingredients and chill the raita until needed

Notes: A raita is a cooling yoghurt sauce that goes well with spicy, Indian food. Cucumber raita is a great version for the summer, when cucumber is in season.

Skills: *measuring, chopping, grating*

