




*Spring is in the air and our gardens are just bursting with beautiful veggies, so what better way to turn up the 'Beet' than to ask a wonderful local chef to create magic using our Beetroots 'top to tail'!*

This weeks vegetable 

# Top & Tail Beetroot fritters

These nutritious bites can be enjoyed as a healthy protein snack served with dipping sauces or used to fill up tacos or wraps, topped onto salads or as a crispy side to soups or curries.

**Prep time: 15 min + extra time for soaking**

**Cook time: 35 min**

**Serves: 4**

## DISH 1 - For the fritters

### Ingredients:

- 1 cup thinly sliced beetroot leaves
- 1 cup grated beetroot
- 1 cup red onion, thinly sliced
- 2 tbsp. chopped coriander
- 1 tbsp. grated ginger
- ½ cup chickpea flour (sifted)
- ¼ cup rice flour
- ¼ tsp baking soda
- 3 – 4 tbsp. water
- 2 tbsp. olive oil
- squeeze of half lemon

### Spices:

- 1 tsp cumin powder
- ½ tsp ground coriander
- ½ tsp chili powder
- ¼ tsp garlic powder
- ¼ tsp turmeric
- 1 tsp salt

### Method:

- Preheat the oven to 190 C
- Line a baking tray with parchment paper
- In a large mixing bowl, combine all the ingredients except the oil & water
- Mix by hand to coat evenly
- Add the oil and mix it into the batter
- Slowly add water until the batter is thick & pasty and evenly coats veg
- Add more water if needed
- Drop tablespoons of the batter onto baking tray at equal distance >>

- Bake for 20-25 minutes, depending on your oven. They should be golden & firm
- Half way through cooking, brush lightly with olive oil and continue baking
- Alternatively cook them in an air fryer
- Carefully Remove, place them on a wire rack & cool slightly to firm up before serving

## DISH 2 - Beet leaf, coriander & coconut chutney - Makes +-2 cups

### Ingredients:

- 1 cup desiccated coconut
- 1 cup coriander leaves
- 1 cup fresh mint
- 1 cup sliced beetroot leaves
- 2 cloves garlic, crushed
- 1 tbsp. ginger, grated
- ¼ cup cashews (soaked in boiling water for 1 hour, then drained)
- 1 green chilli, seeded & chopped
- 1 tsp cumin powder
- 2 tsp garam masala powder
- 1 tsp sugar of choice
- 1 tsp salt
- 1 cup water
- 2 tbsp. lemon or lime juice

### Method:

- Cover coconut with water and soak for 20 min
- Using your hands to squeeze the excess water from the coconut
- Place the hydrated coconut into a blender along with the softened cashews & the rest of the ingredients
- Blend till silky smooth
- Store in a jar in the fridge for up to 5 days



**NATHALIE LARSEN**

**PHONE:** +27 82 567 1677

 **@earth\_2\_plate**

**EMAIL:** iamnathalielarsen@gmail.com