

BEETROOT, BALSAMIC & CARAWAY DIP

by Dr Taisia Cech



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The vibrant colour of this dip is so inviting and fun!

This recipe is super healthy and can be used as a dip or spread. Try it on wraps, toast or in a burger. You can also thin it down extra water and use it as a delicious vibrant dressing for a salad.

Ingredients

- 2 medium sized beetroots
- 1 tsp caraway seeds + a pinch for garnish
- 1 x 400g can cannellini beans, rinsed and drained
- 2 cloves garlic, minced
- 2 tbsp balsamic vinegar
- 2 tbsp tahini
- Pepper, to taste
- 2 tbsp water + more if needed
- Mint leaves to garnish (optional)

Crudites - choose your favourite

- raw veggies
- 125g sugar snap peas
- ½ cucumber
- 1 red or yellow capsicum
- 1 carrot
- 2 celery stems

Directions

1. Peel and cut beetroot into quarters and roast in the oven for 35 minutes at 180°C or until lightly roasted.
2. In a pan over medium heat, lightly toast caraway seeds until fragrant.
3. Place the beetroots, caraway seeds and all remaining ingredients in a food processor and mix on high until smooth. Add extra water until desired consistency.
4. Garnish with mint leaves and a pinch of caraway seeds.
5. Serve with raw crudites.

PREP TIME: 5 MINS

COOK TIME: 35 MINS

TOTAL TIME: 40 MINS

SERVES: 4

Dr Taisia Cech is a GP who is board certified in lifestyle medicine and holds a certificate in plant-based nutrition. She has a lifestyle clinic, Plantify, in Nelson which offers individual and group lifestyle support, both locally and virtually. Find her at plantify.co.nz and on social media @plantifynz

