

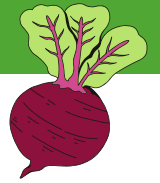


WIGGLY

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Beetroot



This brightly coloured vegetable is packed full of vitamins and antioxidants. Great for overall health and immunity.

5 ways to prepare beetroot as a side dish to any meal!

Wash the beetroot and chop off any green leaves and roots (green leaves can be added to a stir fry!)

1. **No cooking required.** Peel and grate on top of any dish, into pasta or a salad.

2. **Oven/air fry.** Peel and cut into wedges, brush with oil, salt and pepper. Place on a baking tray or into an air fryer.

Oven: 180c/160c fan/ gas 4 for 35 minutes until soft and browning.

Air fryer: 200c for 15-20 minutes until soft and browning.

3. **Microwave.** Peel and cut into dice size cubes. Place in a microwave safe dish. Add water 1cm deep in the dish. Cover the dish. Microwave for 5 minutes. If it is ready, it will be tender when pierced by a fork*. If not then try 3-5 more minutes. Once cooked, leave to rest for 5 minutes.

Be careful when opening due to hot steam

4. **Boil.** Boil whole beetroots for 20-40 minutes depending on their size. Once tender when pierced by a fork, they are done. Once cooled, rub the skin off with your fingers (a little messy).

5: **Stir fry.** Peel and cut into small cubes or slices. Fry in a pan over a medium heat for 10 minutes until tender.

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Beetroot Pasta Sauce - easy

Time: Prep 5 minutes, Cook 20 minutes

Portions: 4

Ingredients: 2 medium size beetroots, 2 x cloves of garlic, 1 x tin chopped tomatoes, 1 x teaspoon dried basil. Salt and pepper to taste.

Method:

Step 1: Peel and cut beetroot into small chunks or slices.

Step 2: Heat a medium saucepan, add 1tbsp oil.

Step 3: Add garlic and beetroot.

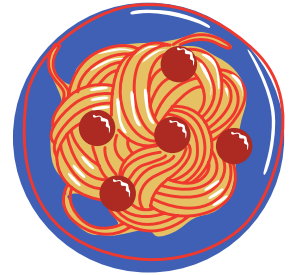
Step 4: Fry until tender around 10 minutes.

Step 5: Turn down heat.

Step 6: Add chopped tomatoes, basil, salt and pepper.

Step 7: Simmer for 5 minutes.

Step 8 (optional): Cool down and blend until creamy. Or leave it as it is and have a chunky pasta sauce.



Serve with: Stir into cooked pasta and top with cheese.

Storage: Cook the beetroot using any method on page one. The beetroot or the sauce above can be kept in the fridge for 3-4 days to have with any meal.



Meal ideas:

Use cooking methods from page one and add a little salt, pepper and garlic. Beetroot can be ...

Added to any salad

Add to a tray bake for roasting

Add to a stir fry for some colour

Enjoyed as a side dish to any meal

