

OUR RECIPE



Hampshire
County Council

Education Catering

Beetroot & Chilli Salsa

Serves 6 - 8

INGREDIENTS

2 whole cooked beetroots or use tinned or vacuum packed

2 tomatoes

1 red chilli

¼ cucumber

1 lime, juiced

¼ bunch Coriander, finely chopped

Salt and pepper

Tortilla chips to serve



As taste tested by the pupils at Endeavour Primary school in Andover after their cookery session. The children loved dipping in carrot batons. Why not try it with your favourite crudité!

METHOD

1. Cut the beetroot, tomatoes, chilli and cucumber into small chunks and add them into a medium sized bowl.
2. Add the chopped coriander and lime juice and mix carefully with a spoon.
3. Season to your taste and add to your serving bowl.
4. Alternatively, add all the ingredients to a food processor and blend the ingredients for a smoother dip.
5. Serve with tortilla chips.

