

## BEETROOT & GINGER CURRY

GOES GREAT WITH...

Coconut sambol  
(p208), plain rice  
(p164) and ala thel  
dala (p178) from  
Curry Legend  
World Tour

### ALSO WORKS A TREAT WITH...

- Carrots or squash

### RAISE YOUR GAME BY...

Adding a handful of curry leaves  
when frying the beetroot

EXTRAS  
#66



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# BEETROOT & GINGER CURRY

Beetroot is a popular ingredient in South India and Sri Lanka, and it gives a spectacular colour and deliciously sweet, rich flavour to this simple curry. The addition of ginger and lime really freshens up the dish, and with ginger being considered effective at warding off colds and sniffles, it's a good one to make at this time of year!

Prep 20 mins	Cook 45 mins
Heat 	Serves 4

600g **beetroot** (raw is best but pre-cooked is also fine) - cut into small bite-size pieces

1 **onion** - finely chopped

2 **cloves of garlic** - finely grated or crushed

**Fresh ginger** - coarsely grated to make 2 tbsp

1 **lime**

200ml **full fat coconut milk**

2 tsp **sugar**

2 tsp



**HALDI BLEND**

2 tsp



**JEERA BLEND**

2 tsp



**METHI BLEND**



Mix ½ of the grated ginger with the juice of the lime and a pinch of salt then leave to one side



Fry 2 tsp **JEERA BLEND** in 2 tbsp oil for 2 minutes or until the seeds just start to pop and jump around



Add the beetroot, onion and remaining ginger then fry on a medium heat for 10 minutes or until the onion is soft and translucent



Add the garlic, coconut milk, sugar, 100ml water, 2 tsp **HALDI BLEND**, 2 tsp **METHI BLEND** and ¾ tsp salt, then cover and simmer for 40 minutes or until the sauce is rich and thick and the beetroot is cooked through (adding an extra splash of water if necessary)



Stir in the marinated ginger (including all the marinade) to serve