

BEETROOT & LEMON RASAM



**EXTRAS
#101**

ALSO WORKS A TREAT WITH...

Carrots, turnips or red cabbage instead of beetroot

RAISE YOUR GAME BY...

Adding a handful of curry leaves when frying the desiccated coconut and **JEERA BLEND**

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BEETROOT & LEMON RASAM

This spectacularly colourful soup tastes deliciously fresh and light from the lemon and coconut, whilst also being really rich and satisfying from the cooked vegetables and lentils. It makes a lovely meal with some bread on the side, or serve as part of a thali spread with plain rice, vegetable thoran, salad and plain yogurt.

Prep 15 mins	Cook 50 mins
Heat 	Serves 4

- 500g **beetroot** (raw or cooked) - peeled and coarsely grated
- 1 **onion** - finely chopped
- 2 cloves of **garlic** - roughly chopped
- 1 **lemon**
- 50g **lentils** (any type)
- 2 tbsp **desiccated coconut**
- 1 tsp **sugar**

- 1 Simmer the beetroot, onion, garlic, lentils, sugar, 1 tbsp desiccated coconut, 800ml water, 3 tsp **HALDI BLEND**, 1 ½ tsp **METHI BLEND** and ¼ tsp **MIRCHI BLEND** in a covered pan for 40 minutes or until the beetroot is soft and the lentils are cooked through
- 2 Carefully blend ½ of the mixture with 1 tsp salt and the juice of the lemon to a smoothish texture, then pour back into the pan with the remaining unblended ½
- 3 Fry the remaining 1 tbsp desiccated coconut and 2 tsp **JEERA BLEND** in 3 tbsp oil on a high heat in a separate pan, stirring regularly, for 2 minutes or until the desiccated coconut is just starting to turn golden-brown. Immediately pour the hot coconut, spices and oil over the rasam
- 4 Serve with a spoonful of natural yogurt on top and some crusty bread on the side

3 tsp



HALDI BLEND

2 tsp



JEERA BLEND

1 ½ tsp



METHI BLEND

¼ tsp



MIRCHI BLEND