



BEETROOT AND MACADAMIA NUT SPREAD

Affordable Wholefoods Recipe of the Week

This recipe is seriously a winner. It combines the sweetness of saute'd red onion and beetroot with rich spices topped off with creamy macadamia nuts. Great to have as a side on any platter or part of a delicious nourish bowl.

Ingredients:

- 1/4 cup olive oil
- 1 red onion (thinly sliced)
- 1 garlic clove (diced)
- 2 cups of shaved (or shredded) beetroot
- 1 teaspoon coriander seeds
- 1/2 teaspoon cumin seeds
- 1 cups of raw macadamias
- 2 teaspoons lemon juice
- The rind of one lemon

Method:

Heat the olive oil in a large frying pan over medium heat being careful not to overheat. Add the onion and cook for 5 minutes.
Add the garlic, shaved beetroot and spices and cook, stirring often, for a further 10 minutes or until the beetroot is softened.
Cool slightly and transfer to a food processor. Add the macadamia nuts, lemon juice and rind and salt and pepper to season.
Process for 2-3 minutes scraping down the sides occasionally until smooth.
Serve along crackers, vegetable sticks, salad or meat.

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