



Beetroot

Beetroots have an earthy and unique flavour all the while providing about 2 grams of fibre per serving.

They are incredibly versatile as they can be added to risottos or burgers as well as making for a tasty desert.

Store:

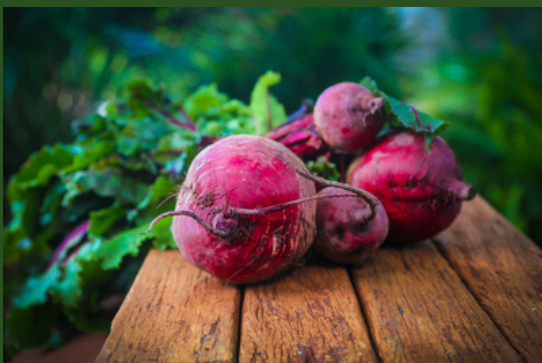
- If outside the fridge, find a cool, dry and shaded area for it to be stored for 3-5 days.
- In the salad drawer of the fridge, place in a perforated bag for it to last 2-3 weeks.
- For the leaves, store separated from the stalks in a sealed bag and use between 1 to 3 days.

Freeze:

- Wash and cook the stalks until tender
 - Peel, then slice or dice, ready for them to be flash frozen
 - Lay them out spaced-out on a baking tray in the freezer, until they are solid
 - Once solid, transfer to a freezer-safe container or bag
 - Lasts up to 8 months
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Signs of Spoilage

Beetroot should be firm, with non-slimy skin. There should be no sour or unpleasant smell, as the vegetable is usually sweet. Green and white patches are also signs of mold.



Video Links