

Spiced Beetroot Curry

This vibrant Spiced Beetroot Curry is a delightful fusion of earthy beets and aromatic spices. Perfect for a quick and healthy meal, it's packed with flavor and nutrients.


25 min

Total time

easy

Difficulty

250

kcal / serving

Ingredients

- 1 medium beetroot, peeled and diced
- 1 tablespoon coconut oil
- 1/2 onion, finely chopped
- 1 garlic clove, minced
- 1 teaspoon ginger, grated
- 1/2 teaspoon cumin seeds
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon garam masala
- 1/2 cup coconut milk
- Salt to taste
- Fresh cilantro for garnish

Steps

- 1 Heat the coconut oil in a pan over medium heat.
- 2 Add cumin seeds and let them sizzle for a few seconds.
- 3 Stir in the chopped onion, garlic, and ginger, sautéing until the onion is translucent.
- 4 Add the diced beetroot and stir well to coat with the spices.
- 5 Sprinkle turmeric powder and garam masala, mixing thoroughly.
- 6 Pour in the coconut milk and bring to a gentle simmer.
- 7 Cover and cook for about 15 minutes or until the beetroot is tender.
- 8 Season with salt to taste and garnish with fresh cilantro before serving.