



?B? In our Ingredients Alphabet experiment is Beetroot which is one of Sue?s favourite vegetables.

Ingredients:-

1 Beetroot
2 deseeded Tomatoes
1 Onion
½ Yellow and ½ Green Pepper
Chilli seeds
Chilli powder
Turmeric
Paprika
Garlic Salt - Onion Salt
Mixed Herbs
Salt & Ground Black Pepper
Oil

Method:-

- (1) Cut the Beetroot into cubes and slice the other vegetable ingredients.
- (2) Add all the ingredients to a bowl and mix well.
- (3) Set aside in the fridge for the flavours to blend.
- (4) Fry in a wok or large frying pan.

We enjoyed ours with Courgette Fritters, deep fried ?Seaweed? which is actually just cabbage and buried deep in there somewhere are some Pork and Mustard Sausages.