



10 Minute Crumbed Beetroot Wedges



Preparation Time: 5 minutes
Cooking Time 5 minutes
Serves: 4 - 6

Ingredients	Quantity		Notes
Golden Circle Beetroot Wedges	450g	can	well drained
Bread Crumbs	1/2	cup	
Parmesan Cheese	1/2	cup	coarsely grated
Fresh Herbs (eg. Parsley, Basil)	2	tbsp	finely chopped
Egg	1		lightly beaten
Oil	2	tbsp	

Method

1. Gently combine the breadcrumbs, cheese and herbs with your fingertips.
2. Dip the well-drained wedges in the lightly beaten egg and then coat in the crumb mixture.
3. Heat oil and shallow fry wedges 1-2 minutes, or until crispy and brown, turning once to brown both sides.
4. Serve as appetiser with Tzatziki or sour cream dipping sauce.

good to know

- Blend 200g drained and chopped beetroot with 1 tsp crushed garlic, 1 tsp coriander and 1/2 cup plain yoghurt until smooth. Serve with crackers as a healthy dip, or with meat as a sauce.
- Try mini baby beets as an alternative.
- Golden Circle Beetroot Wedges are made from 100% Australian-grown beetroot.

