

# Beetroot Fritters with Goats Cheese sauce & Wild Rosehip spiced slaw @ *7pm Wednesday 02/09/20*

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## **Ingredients:**

### **Beetroot Fritters**

- 2 medium sized beetroots, peeled and grated fine
- ½ onion, peeled and sliced thin
- 1 dl flour
- ½ tsp baking powder
- A pinch of sea salt
- A pinch of pepper
- 1 tbsp chia seeds
- ½ tsp paprika powder
- ½ tsp sumac
- ¼ tsp turmeric
- ½ dl (oat) milk, more if the mixture is too dry
- Enough oil for frying

### **Goats Cheese Sauce**

- Goats cheese or Feta cheese
- Natural yoghurt

### **Wild rosehip spiced slaw**

- ½ sweetheart cabbage, sliced thin
- ½ red onion, sliced thin
- ¼ dl mayonnaise
- ¼ dl natural yoghurt
- Juice of ½ lemon
- 1 tsp Wild rosehip spice
- Salt to taste

## **Method:**

### **Beetroot Fritters**

Mix all of the dry ingredients and add the oat milk (add more milk if necessary, mixture should be firm)

Add the grated beetroot and the onion, then mix

Heat the oil and fry the fritters in oil

### **Goats Cheese sauce**

Use as much or little goats cheese as you like and whisk the cheese and yoghurt until smooth

Set aside until you are ready to serve

### **Wild rosehip spiced slaw**

Mix all the ingredients and ideally let stand to set for 10-15 minutes before serving