



RECIPE BY

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# Beetroot Talimpu

*Makes 4 Servings*

## INGREDIENTS

- 1 TB Olive Oil
- 1 Clove Garlic
- ½ tsp Mustard Seeds
- ½ tsp Cumin seeds
- ½ tsp Salt
- ¼ tsp Pepper powder
- 2 C Beetroot, home style diced
- ¼ Lime
- Cilantro to garnish
- Sesame Seeds to garnish

## INSTRUCTIONS

1. Heat olive oil in a sauté pan over medium heat
2. Add mustard seeds and cumin, stir until the seeds crackle
3. Add chopped garlic, sauté until lightly browned
4. Add diced beetroots, salt, pepper powder, sauté for a few minutes
5. Add 1 tbsp water, cover the sauté pan with a lid, and cook the beetroot on slow flame until tender
6. Remove on a serving platter, drizzle lime juice
7. Garnish with chopped cilantro and sesame seeds and serve warm

## NOTES

I prepare this recipe during winter holidays. It is good as a side dish and adds color to the menu and the table. Sometimes I garnish it with freshly grated coconut.



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