Sides / United States

Gently braised courgette and beetroot · United States

Two vegetables gently cooked and seasoned as a United States-inspired side dish.

Time 30 min **Servings** 4

What you'll need.

- ☐ 500 g courgette
- ☐ 350 g cooked beetroot
- ☐ 25 ml neutral cooking oil
- ☐ 180 ml low-salt vegetable stock
- ☐ 3 g smoked paprika
- ☐ 2 g ground cumin
- ☐ 10 g fresh parsley
- ☐ salt and pepper to taste

Let's make it.

01 Clean both vegetables and cut into small, even pieces. Keep tender leafy vegetables separate.

02 Heat the oil and cook the firmer vegetable for a few minutes, then add the other firm vegetable.

03 Add the stock, cover and cook gently. Add any leafy vegetables near the end of cooking.

04 Uncover and briefly reduce any excess liquid. Check all vegetables are tender.

05 Stir in the smoked paprika, ground cumin, fresh parsley and taste before serving.

AI-developed, not kitchen-tested.

Recipe & provenance DVS Recipe Studio / DVS Recipe Studio · AI-developed variation / CC0 1.0.
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