

# Beetroot and Macadamia Nut Spread



Affordable Wholefoods Recipe of the Week

This recipe is seriously a winner. It combines the sweetness of saute'd red onion and beetroot with rich spices topped off with creamy macadamia nuts. Great to have as a side on any platter or part of a delicious nourish bowl.

## Ingredients:

1/4 cup olive oil  
1 red onion (thinly sliced)  
1 garlic clove (diced)  
2 cups of shaved (or shredded) beetroot  
1 teaspoon coriander seeds  
1/2 teaspoon cumin seeds  
1 cups of raw macadamias  
2 teaspoons lemon juice  
The rind of one lemon

## Method:

1. Heat the olive oil in a large frying pan over medium heat being careful not to overheat. Add the onion and cook for 5 minutes.
2. Add the garlic, shaved beetroot and spices and cook, stirring often, for a further 10 minutes or until the beetroot is softened.
3. Cool slightly and transfer to a food processor. Add the macadamia nuts, lemon juice and rind and salt and pepper to season.
4. Process for 2-3 minutes scraping down the sides occasionally until smooth.
5. Serve along crackers, vegetable sticks, salad or meat.

**Gluten Free | Dairy Free | Vegan**

**Search some of our favourite entertaining dishes:**

**Macadamia and Semi-dried Tomato Pesto**

**Roasted Tomato and Basil Hummus**

**Moroccan Capsicum Dip**