

European Pedagogics and Nutrition

# Vegetarian beetroot paste with sprouts

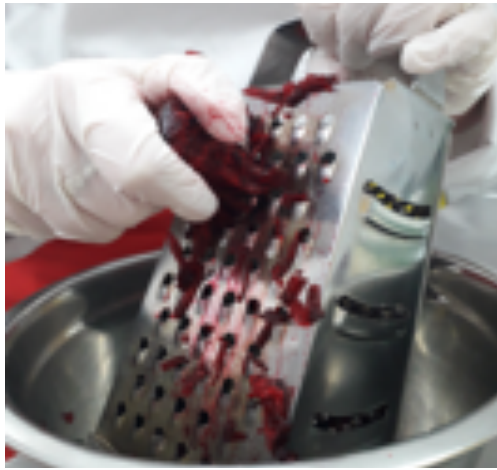


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## Nutritional aspect

- Vegetarian paste with the addition of beetroot and sprouts can be a great breakfast proposition along with bread.
- It provides a lot of calcium and protein, and beets and sprouts add vitamins and minerals.



## Vegetarian beetroot paste with sprouts

### Ingredients:

- Beetroot 600g
- Onion 2 pcs.
- Garlic Cloves 2–4 pcs.
- Olive oil 15 teaspoons
- Salt 2 tsp
- Pepper 2–3 tsp
- Lemon juice 6 tsp
- Sunflower 10 tsp
- Cottage cheese – 500g

### Preparation:

- Peel the beetroot and grate it with a coarse mesh. We put beetroot on the hot frying pan with oil. Fry until the beets are soft and mix every now and then.
- When they are soft, add finely chopped onion and garlic. Fry until the onion is thick. Finally, add salt, pepper and lemon juice
- On the other pan, pour sunflower seeds and fry them on both sides until golden brown.
- Mix hot beets with sunflower seeds and blend, then add cottage cheese.
- Wash and cut the radish and chives into small cubes and mix them with the paste.
- We put the finished product on wholemeal bread and decorate with sprouts.