

Asian Beet Tartare

Time: 1 hour

Servings: 2 main or 4 appetizers

Level: Easy

Ingredients:

- o 1 pound beets
- o 1 jalapeño pepper, deseeded and minced
- o 2 green scallions, thinly sliced on an angle
- o 2 tablespoons tamari
- o 2 teaspoons rice wine vinegar
- o 1 teaspoon sesame oil
- o 1 teaspoon grated ginger
- o ½ teaspoon lime zest
- o 2 avocados, peeled and diced
- o 1 tablespoon lime juice
- o 2 tablespoons cilantro, finely minced
- o ½ teaspoon salt
- o Sesame seeds or furikake (optional)

Directions:

- 1) Preheat oven to 400 degrees.
- 2) Wrap beets in aluminum foil and place on baking sheet.
- 3) Roast beets for about 45 minutes or until easily pierced with a knife. Remove from foil and cool (can do this a day ahead).
- 4) Peel cooled beets and cut them into a small dice.
- 5) Place jalapeño, scallions, tamari, vinegar, sesame oil, ginger, and lime zest in a bowl and whisk. Add beets to bowl. Let sit for 20 minutes to incorporate the flavors.
- 6) Place diced avocado in a bowl and gently toss with the lime juice. Mix in cilantro and salt.
- 7) To plate, place ½ cup of the beet mixture using a ½ cup measure for uniformity. Top with the avocado mixture. Sprinkle with sesame seeds or furikake. Add a sprig of cilantro, microgreens, or sprouts if you have on hand for a colorful addition.

Fun tips and Information

- ❖ You can purchase cooked beets to save time!
- ❖ Using an under ripe avocado in this case will be helpful.