



VEGETARIAN ALTERNATIVE FOR THE BARBECUE

BEETROOT BARBECUE-STYLE



Whether for vegetarians or as a delicious alternative to meat, vegetables are great on the barbecue too. The natural sugar content of beetroot, for instance, develops an irresistible caramel flavour when it's toasted on the flames.

INGREDIENTS (serves approx. 4):

- » 500 g baby beetroot
- » 2-3 tbsp olive oil
- » 1 good tbsp balsamic vinegar
- » 1 tsp brown sugar
- » 2 sprigs of thyme, leaves stripped
from the stem
- » Salt and pepper
- » 1/2 tbsp chopped parsley

- 01.** Prepare barbecue for 160°C of indirect heat. Rinse baby beets and dab dry, cut lengthwise depending on size.
- 02.** Mix olive oil, vinegar, sugar, thyme leaves, salt and pepper to make a marinade. Now marinate beets in this mixture.
- 03.** Make "boats" out of two layers of tin foil, fill them with beets, pour over the marinade and loosely pinch closed at top. Barbecue for 60-90 min. over indirect flame.
- 04.** To serve, drizzle with a few drops of olive oil and sprinkle with chopped parsley.

ENJOY YOUR MEAL!

PLUS:

- » Tin foil