

Beetroot pasta with sour cream

Serves 6

Ingredients:

2 Onion, Chopped
4 Medium sized beetroot, peeled and chopped into chunks
500ml Chicken stock
5ml Salt
Juice of 2 oranges
500g Dried spaghetti or pasta of choice
125ml Crème Fraîche or Soured Cream
One Bunch of fresh chives snipped with a scissor

Method:

1. Place the onions, beetroot, stock, salt and orange juice in a pot and simmer, covered, for 30 minutes until the beetroot is tender. Allow cooling slightly before placing it in a food processor and pulse it in a smooth puree.
2. Cook the pasta according to the packet instructions or until al dente.
3. Drain and return spaghetti to the pasta pot and set aside. Stir the beetroot through the pasta and marvel at the exquisite pink hue.
4. Scoop into a serving dish or onto individual plates. Top with generous dollops of sour cream and a sprinkling of parsley or chives.

Serve immediately.

Enjoy