MIDDLE EASTERN · SNACK · SIDE

Mutabbal Shawandar (Roasted Beetroot and Tahini Dip)

90 min · Serves 8 · 149 kcal a serve · Video 4:03 · Hungry Man Kitchen

Vegetarian · Gluten-free ingredients · No nuts listed

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A colourful, vegetable-based dip: beetroot gives folate and some fibre, tahini and olive oil add mostly unsaturated fats, and yoghurt brings a little protein, at about 150 kcal per serve.

Diet notes: Keto (7.9 g net carbs a serve).

Ingredients 12 · SERVES 8

- [ ] 500 g **beetroot**
- [ ] 1 head of **garlic** plus 2 cloves
- [ ] 2 tbsp **olive oil**
- [ ] 60 g **tahini**
- [ ] 100 g **strained yoghurt or labneh**
- [ ] **Lemon juice**: juice of 1 lemon
- [ ] 1 tsp **salt**
- [ ] ½ tsp **ground black pepper**
- [ ] 1 tsp **nigella seeds**, to serve
- [ ] **extra-virgin olive oil**, to serve (about 1 tbsp)
- [ ] about 30 g **white cheese** (feta or goat cheese), cubed, to serve
- [ ] chopped **fresh parsley**, to serve

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk, Sesame. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 200°C. Scrub the beetroot and wrap in baking paper and foil. Cut the top off the garlic head, drizzle with a little oil and wrap the same way. 0:06
2. Roast both for about 1 hour, until the beetroot is tender. Cool, then peel the beetroot and squeeze the garlic from its skins. 0:30
3. Pulse the beetroot and roasted garlic in a food processor to a chunky purée. Drain off excess liquid in a sieve if you like, keeping the juice. 1:10
4. Crush the 2 raw garlic cloves with the salt. Whisk with the tahini and lemon juice until thick and smooth, then whisk in the yoghurt and pepper. 1:31
5. Stir in the beetroot purée, adding a little of the beetroot juice if it is too thick. 2:40
6. Spread on a plate and make a small well in the middle. Drizzle with olive oil, top with nigella seeds and cheese cubes, finish with parsley and serve with pita bread or raw vegetables. 3:02

> **Tip** Serves 8 as a dip (our estimate; the cook doesn't say). Serve with cucumber, carrot and capsicum sticks instead of bread for a lighter snack.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
149 kcal	4.3 g	11 g	2.7 g	11 g	390 mg
620 kJ	9% of a day	7.9 g net · 5.1 g sugars	10% of a day	2.3 g saturated	17% of a day
		4% of a day		14% of a day	

Energy from net carbs 21% · protein 12% · fat 67% — fits keto: 7.9 g net carbs, 67% of the energy from fat

High in (20%+ of a day) Folate 20%

Source of (10–19%) Vitamin K 10% · Selenium 10%

Recipe and video: Hungry Man Kitchen (@HungryManKitchen) on YouTube — youtube.com/watch?v=0Cmaq_FOMpg, published 2 August 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/hmk-mutabbal-shawandar-beetroot-dip