

### Ingredients

Quantity	Measure	Ingredients	Description
3	Nos	Beetroots	
2	Medium	Chillies, Green	
1	Teacup	Curds	or vinegar o
1	Large	Onion	
	Little	Salt	

### Method

Boil the beetroot, peel and slice. Raw beetroots can be grated. Add finely sliced onions, and minced green chillies. Mix with beaten curds. If you do not have curds, you can use a little vinegar or lime juice as per your taste. Add salt to taste.