Mathias’ Cooking Competition Entry- Year 3

Inspiration

It’s easy to make it also it’s healthy.

The name of my food: Gebeta

Ingredients list

Potatoes, beetroot, leaf spinach, green chilli, minced garlic and olive oil

Instructions

Boil the potatoes and the beetroots then peel the skin off. After, cut off and mix it with little bit of olive oil, lemon and salt.

The spinach- first chop red onion and fry it with olive oil then put the spinach after a little bit of time and then add the garlic and salt.

Broccoli- just boil it for 5 or 7 minutes with little bit of salt then take them out from the hot water and put little bit of olive oil on the top.

