

All-the-goodness beetroot salad

This salad is packed with flavour and texture from the raw vegetables, herbs and crunchy seeds. Grated turnip or celeriac can be used as it comes available. Herbs can be varied depending on what you have on hand.

Preparation time: 20 minutes

Serves: 4 as a side

Salad

1 large beetroot (250g) peeled and grated

2 carrots (200g) grated

1 apple, grated

Large handful of fresh herbs – parsley, coriander, dill, mint

3 Tbsp sunflower seeds

3 Tbsp pumpkin seeds

1 tsp soy sauce or tamari

Balsamic dressing (enough for two salads)

2 Tbsp balsamic vinegar

6 Tbsp extra virgin olive oil

1 tsp whole grain mustard

1 tsp honey

Pinch salt

Combine the grated beetroot, carrot apple and chopped herbs in a salad bowl.

In a heavy-based frying pan dry-toast the seeds until golden and beginning to pop. Tip into a bowl and stir through the soy sauce or tamari.

Combine the dressing ingredients in a jar and shake well. Pour half of the dressing over the salad and toss. Check taste, adding extra dressing if needed. Sprinkle with half of the seeds and serve extra at the table.

Leftover salad can be stored in an airtight container in the fridge and consumed the next day.