Beetroot, Carrot and Sesame Seed Salad

Ingredients;

4 medium beetroot (about 1kg)
3 large carrots
4 lemons
4 tablespoons sesame seeds
4 tablespoons sesame oil
1 teaspoon salt
1 teaspoons pepper
2 teaspoons sugar

Method;

Remove the stalks and leaves from the beetroot (the leaves can be saved to use in a salad). Peel the beetroot. You might want to wear disposable gloves to peel the beetroot as the colour can stain your hands.

Trim the ends of the carrots and peel.

Set up the food processor with the grating blade. Then using the food processor, grate the beetroot and carrot. Or may need to cut the beetroot in half to fit them through the food processor. Once grated, place into a large mixing bowl.

Meanwhile, place the sesame seeds in a non stick frying pan over medium heat. Cook, stirring constantly for 30 secnds or until fragrant. Remove from heat and set aside.

Zest and juice 4 lemons, put the zest and juice into a mixture jug.

To make the dressing, add the sesame oil, salt, pepper and sugar to the mixing jug with teh lemon juice and zest, and mix well until the sugar is dissolved.

Tip the dressing over the beetroot and carrot salad and toss well to make sure the dressing covers the salad.

Put into serving bowls and sprinke the sesame seeds over the top as a garnish.