

Crunchy Beetroot Salad

Serves: 6-8

From the Garden: beetroot, carrot, celery, celery leaves

Ingredients:

- 2 large beetroot
- 2 large carrots
- 2 sticks celery
- 2 tbsp chopped, shelled walnuts
- 2 tbsp apple cider vinegar
- 1 tbsp e.v. olive oil
- 3 tbsp honey

Equipment:

Basic toolbox, box grater, B/S frying pan

Method:

1. Wash all vegetables thoroughly and dry thoroughly. Be especially careful of the root vegetables, make sure you wash all the dirt off.
2. Chop walnuts, if necessary, and place in B/S frying pan. ***Place frying pan on stove burner on medium heat.*** Stir walnuts until they are toasted... a darker golden colour. Set aside to cool.
3. Peel carrots and using a box grater, grate on the coarse side into a medium bowl.
4. Grate beetroot using a box grater, grate on the coarse side and add to carrots. You may like to wear disposable gloves for this job to avoid staining your fingers beetroot pink!
5. Slice celery across the stem very thinly and add to the bowl.
6. Mix honey, oil and vinegar together to create a salad dressing. Pour this over the chopped and grated vegetables and toss to combine.
7. Place into serving bowls and sprinkle with toasted walnuts. You may also like to add some torn celery leaves as a final garnish.

Enjoy!

Tasks within two * __* means please get an adult to help.

Recipe reference: adapted from "The Cook's Companion" by Stephanie Alexander