

Raw Beetroot & Herb Salad

Ingredients:

3 red beetroot peeled & thinly sliced
40g basil leaves
20g parsley leaves
30g dill leaves
20g coriander leaves
1 tsp chilli flakes
1 lemon zested

Roasted seeds:

30g flaked almonds
50g pumpkin seeds
20g sesame seeds

Dressing:

120ml olive oil
60ml lemon juice
30ml cider vinegar
Salt & pepper

Method:

Mix seeds together place on baking tray & roast for 6 minutes on 180c
Whisk the dressing ingredients together. Check the seasoning
Place beetroot chilli herbs & lemon zest in a large bowl & toss with half the roasted seeds & with dressing
Transfer to serving bowl & scatter the rest of the seeds over the top.

