



Grated Carrot and Beetroot Salad

Ingredients

- 3 carrots, peeled and grated
- 2 beetroot, peeled and grated
- 2 teaspoons Dijon mustard
- 1 tablespoon freshly squeezed lemon juice
- 3 tablespoons extra virgin olive oil
- 1-2 teaspoons honey, to taste
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper, to taste
- 2 tablespoons chopped fresh parsley and mint
- 2 finely sliced spring onions



Method:

In a medium salad bowl, add mustard, lemon juice, honey, olive oil, salt and pepper. Stir with a fork to combine.

Add the grated carrots, beetroot and fresh herbs, gently stir to combine.

Taste and adjust seasoning if necessary and garnish with extra herbs.