

Season: Year round
From the garden: Beetroot, carrot, lemon
Type: Salad
Difficulty: Easy
Serves: 12 adults as a side dish/30 tastes
Source: Julie Le Clerc, *Simple Café Food*

Equipment

- Measuring Scales and spoons
- Chopping board x 4
- Kitchen knife x 2
- Non-stick frying pan
- Wooden spoon
- Peelers x 4
- Large mixing bowl
- Food processor
- Lemon zester / grater
- Citrus juicer
- [Disposable gloves]

Ingredients

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

1. 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.
2. Trim the ends of the carrots and peel.
3. Set up the food processor with the grating blade. Then, using the food processor, grate the beetroot and carrot. You may need to cut the beetroot in half to fit them through the food processor. Once grated, place into a large mixing bowl.
4. Meanwhile, place the sesame seeds in a non-stick frying pan over medium heat. Cook, stirring constantly, for 30 seconds or until fragrant. Remove from heat and set aside.
5. Zest and juice 4 lemons. Put the zest and juice into a mixing jug.
6. To make the dressing, add the sesame oil, salt, pepper and sugar to the mixing jug with the lemon juice and zest, and mix well until the sugar is dissolved.
7. Tip the dressing over the beetroot and carrot salad and toss well to make sure the dressing covers the salad.
8. Put into serving bowls and sprinkle the sesame seeds over the top as a garnish.

Notes:

- The colour of this salad is just amazing and it is delicious and healthy too!

Beetroot, Carrot & Sesame Seed Salad

- Changing the oil in the dressing is a good way to add variety to your salads and change the flavour. You could substitute olive oil for sesame oil and replace the sesame seeds with mint to create a variation on this recipe.

Skills:

- Grating, chopping, stirring