

WARM BEETROOT, CARROT AND HERB SALAD

INGREDIENTS

4 Carrots, peeled and sliced.

1-2 Beetroot

1 Handful of soft-leaved herbs (e.g. mint, chives, parsley) roughly chopped

1 Handful of mixed greens (e.g. lettuce, kale, chard, spinach)

FOR THE DRESSING

3 tbsp olive oil

2 tsp balsamic vinegar

1 tsp brown sugar

METHOD

1. Preheat oven to 200c.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Cut off the leafy tops of the beetroot. Rinse and drain them.
4. Peel the beetroot, cut it into 3cm cubes. Place the beetroot and carrot in the baking dish.
5. For the dressing, use a fork to whisk the oil, vinegar and sugar in a small bowl.
6. Drizzle the dressing over the vegetables to coat each piece.
7. Cover the dish with foil and bake for 30 minutes until the vegetables are tender.
8. Wash all of your fresh mixed greens and herbs. Dry with paper towel. Roughly chopped and place in a large bowl.
9. When cooked, mix all of your ingredients together in a large mixing bowl. Place in serving bowls.