

BEETROOT AND CARROT SALAD



Serves 6



Prep Time 15 minutes



INGREDIENTS

- 450 g can **Wattie's Baby Beetroot**, drained
- 500 g carrots, peeled and grated
- ¼ cup sunflower seeds, toasted
- ¼ cup pumpkin seeds, toasted
- ¼ cup currants
- 1 handful fresh mint leaves, chopped
- 75 g feta to garnish

METHOD

1. Cut **Wattie's Baby Beetroot** into bite size pieces and set aside.
2. In a bowl place grated carrot, toasted sunflower and pumpkin seeds, currants and chopped mint. Pour over Balsamic and Orange Dressing and toss together. Carefully mix through the beetroot. Turn onto a serving platter. Garnish with crumbled feta.

Balsamic and Orange Dressing:

- 2 Tbsp balsamic vinegar
- 2 Tbsp fresh orange juice
- ¼ cup olive oil
- ¼ tsp Dijon mustard

Balsamic and Orange Dressing

Shake all the ingredients in a screw top jar or whisk in a bowl.