

BEETROOT AND CARROT SALAD

HEALTHY
PICK

GLUTEN
FREE

VEGETARIAN



Serves 6



Prep Time 15 minutes



Easy As



INGREDIENTS

Balsamic and Orange Dressing:

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

METHOD

1. To make the Balsamic and Orange Dressing: Shake all the ingredients in a screw-top jar or whisk in a bowl.
2. To make the Salad: Cut the drained **Wattie's Baby Beetroot** into bite-size pieces and set aside.

Salad:

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

3. In a bowl, place the carrot, sunflower and pumpkin seeds, currants and mint. Pour over the Balsamic and Orange Dressing and toss together. Carefully mix through the beetroot.
4. Turn onto a serving platter. Garnish with crumbled feta and serve.

TIPS

- This recipe gets the Healthy Pick for Light Meals and Sides.
- To make this dairy free, omit feta.
- *To toast seeds: Place seeds in a small frying pan and toast over a medium heat for 2–3 minutes until lightly browned, shaking the pan regularly.