Mrs Lasts’ Group

Crunchy Raw Beetroot Salad with Feta & Pear

Season: Summer
Type: Salad
Difficulty: Easy
Serves: 18 tastes
Fresh from the garden:
Recipe source: Jamie Oliver .com

What to do.
- Make the dressing
- Wash and peel the beetroot.
- Cut into thin matchsticks or use a matchstick peeler.
- Peel the pears and cut these into matchsticks too.
- Lightly roast the sunflower seeds
- Crumble the feta cheese
- Wash and dry the mint and pick off all the leaves
- Combine the beetroot and pear into a bowl and toss lightly
- Sprinkle with the feta, mint and sunflower seeds.

Equipment:
- Vegetable peelers
- Chopping boards
- Knives
- Matchstick peeler (blue)
- Bowl
- Screw top jar
- Juicer
- ½ cup measure
- Tablespoon measure
- Scales
- Frypan

Ingredients:
- 4 good-sized beetroots, different colours if possible.
- 3 ripe pears
- Sea salt
- Freshly ground black pepper
- 200 g feta cheese
- 1 small bunch fresh mint, smallest leaves picked
- ½ cup sunflower seeds

Dressing
3 1/2 tablespoons freshly squeezed lemon juice
10 tablespoons extra virgin olive oil
Sea salt
Freshly ground black pepper
Shake it all up in a screw-top jar!