

Beetroot Salad

Ingredients

4-5 medium size beetroots
1 green apple
Spring onions / Chives
1 lemon
Coriander
1 tablespoon Dijon Mustard
Salt



Preparation

Cook the beetroots in water, without peeling them, making sure they are covered in water the whole time (it takes about 2-3 hours). Once they are soft enough (try poking a fork into one of them), rinse and once cool, peel them.

Cut the beetroots into small cubes and place in a salad bowl.

Cut the green apple into small cubes and add to the bowl.

Chop the spring onions / chives and the coriander and add that too.

Squeeze juice of the lemon and pour over the salad.

Add a tablespoon of Dijon mustard and a bit of salt and mix all the ingredients.

If you like spicy food, chop 2 chili peppers and add to the salad.

You can also add pumpkin seeds or cranberries, it works really well.

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