

Beetroot Salad

Rowville Primary School
Kitchen Garden Recipe

Ingredients

2 Large Beetroot,
Olive Oil.



Method

Cut the leaves off the beetroot , wash the smaller ones, and put aside for the salad.

Wash the beetroot, place in cold water in a medium saucepan. Bring to the boil, then simmer until cooked through (about 20 minutes). Let cool.

Wear food handlers gloves to rub the skin off the beets. Cut the top and bottom off and cut into bite size pieces. Place in a medium bowl with the small leaves.

Drizzle with olive oil. Serve.