



BEETROOT, CARROT & TOASTED PUMPKIN SEED SALAD

Season: All year round
From the garden: Beetroot, carrot, lemon, pumpkin seeds
Type: salad
Difficulty: easy
Serves: 12 adults as a side dish / 30 tastes
Source: This recipe has been adapted from: Julie Le Clerc, Simple Café Food.
Credit: youtube: 'how to toast pumpkin seeds' by Sunset
<https://www.youtube.com/watch?v=aX5W2Aq7Evs>

Equipment

- Measuring scales and spoons
- Chopping boards
- Non-stick frying pan
- Wooden spoon
- Food processor
- Kitchen Knives x2
- Peelers
- Large mixing bowl
- Mixing jug
- Grater or citrus zester
- Citrus juicer
- Baking tray or shallow dish for cooling cooked pumpkin seeds
- (Optional) Disposable gloves for handling beetroot which may stain hands.

Ingredients

- * 4 medium beetroot
- * 3 large carrots
- * 4 lemons
- * 4 tbsp pumpkin seeds
- * 4 tbsp sesame oil
- * 1 tsp salt
- * 1 tsp pepper
- * 2 tsp sugar
- * (Optional) mint leaves

How to make it:

- 1) Remove the stalks and leaves from the beetroot. Wash leaves. If they are large, you can shred them into smaller pieces. Set leaves aside to add to the salad later. Chop or tear up mint leaves if you wish to add these to the salad. Peel the beetroot. You may wish to wear disposable gloves as beetroot can stain hands
- 2) Trim the ends of the carrots and peel.
- 3) Set up the food processor with the grating blade and use it to grate the beetroot and carrot. You may need to cut the beetroot into smaller pieces to fit it into the food processor. Once grated place into a large mixing bowl. Add the beetroot leaves (and the mint if desired).
- 4) Meanwhile, place the pumpkin seeds into a dry, unheated pan. Turn the heat to medium. Shake the pumpkin seeds evenly so that they brown up at the same rate. Stir them well with a wooden spoon every few seconds. In a minute or two you will hear them popping. Stir constantly. When about $\frac{1}{3}$ of the pumpkin seeds are browned, turn off the heat. Stir in a few drops of olive oil and a pinch of salt. Cool them quickly by pouring them out onto a baking tray or shallow dish. Set aside.
- 5) Zest and juice 4 lemons. Put the zest and juice into a mixing jug.
- 6) To make the dressing, add the sesame oil, salt, pepper and sugar to the mixing jug with the lemon juice and zest. Mix well until the sugar is dissolved
- 7) Tip the dressing over the beetroot and carrot salad and toss well to make sure the dressing covers the salad.
- 8) Put into serving bowl and sprinkle the toasted pumpkin seeds over the top as a garnish

Notes:

- The colour of this salad is just amazing and it is delicious and healthy too!
- Changing the oil in the dressing is a good way to add variety to your salads and change the flavour. You could substitute olive oil for sesame oil and replace the sesame seeds with mint to create a variation on this recipe.