

Crunchy Beetroot & Carrot Salad

No cooking involved and just a fresh mix of flavours to this simple dish. However, a mandoline is crucial to the success unless you can produce paper thin slices with your knife skills.

Ingredients

4 small Beetroot – sliced on mandoline finest setting
2 Carrots – sliced on mandoline finest setting
3 Tbsp Cane Sugar
3 Tbsp Rice Vinegar
3 tsp Salt
2 Limes – Juice
1 Garlic Clove – minced
2 Tbsp Coriander - chopped
2 Tbsp Olive Oil
1 tsp Toasted Sesame Oil
1 tsp Chilli Oil – or a finely chopped red chilli
1 tsp Sesame Seeds



Method:

To prevent the carrots and beetroot muddling colours, you will need two bowls.

Add 1 Tbsp of Sugar, 1 Tbsp Vinegar, 1 tsp Salt, ½ Lime Juice to each bowl and stir until the sugar is dissolved.

To one bowl add the beetroot and the carrot to the other. Mix the veg in the liquid until mixed and then cover and place in the fridge for 2 hours.

To another bowl, add 1 Tbsp Sugar, 1 Tbsp Vinegar, 1 tsp salt, ½ Lime Juice, garlic, coriander, the oils and sesame seeds and mix thoroughly.

Drain the carrots and beetroot and then add to the sauce bowl.

Mix thoroughly and serve.

Note: While other mandolines are available, I use an OXO Good Grips as it has 3 settings, is affordable, easy to clean. Not For Kids.