



# Carrot & Beetroot Salad

**SERVES: 4**

## **INGREDIENTS:**

- 350g carrots, peeled and trimmed
- 350g raw beetroot, peeled and trimmed
- 2 shallots, peeled and finely chopped
- 2 tsp cumin seeds
- 2 tbsp olive oil
- 1 tbsp sherry or red wine vinegar
- 1 small bunch flat parsley, roughly chopped

## **METHOD:**

1. Peel and trim carrots and beetroot, then coarsely grate both on a grater (wear gloves if you don't want pink hands)
2. Place the grated vegetables in a bowl, add the peeled and finely chopped shallots
3. Heat the cumin seeds in a small pan until they are hot and smell pungent
4. Remove from the heat and scatter over the vegetables
5. Add the olive oil, vinegar and parsley, then toss well
6. Leave to marinate for at least 15 minutes before serving

