

Beetroot Salad

Ingredients

500g vacuum-packed cooked
beetroot
½ red cabbage
1 apple

For the dressing:

6 tablespoons extra virgin olive oil
2 tablespoons red wine vinegar
3 tablespoons chopped dill
pepper



Equipment

Kitchen scissors
Mixing Bowl
Measuring Spoons
Small whisk



Helpful Hint

You could cook the beetroot yourself using fresh beetroot. Beetroot pickled in vinegar is not suitable.



Method

Step 1: With adult supervision, finely chop the red cabbage and put into a large bowl.



Step 2: Cut the beetroot and apple into matchstick strips or grate coarsely.



Step 3: Mix the beetroot and cabbage.



Step 4: For the dressing, put olive oil and red wine vinegar into a small bowl. Season with pepper.

Add a splash of cold water and whisk together.

With adult supervision, snip the dill, and add this to the bowl.

