



The Gathered Green

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BEETROOT, CARROT & KOHLRABI SALAD

Thank you to therewasacrookedhouse.wordpress.com for this great recipe and smarterfitter.com for the picture.

Serves 4

Ingredients

- 2 medium beetroots, peeled and roughly chopped
- 2 medium carrots, roughly chopped
- 1 medium kohlrabi bulb, peeled and roughly chopped
- 1 apple, peeled and roughly chopped
- 1 small onion, peeled and roughly chopped
- 1 handful of fresh coriander
- 1 clove garlic
- 2 tablespoons extra virgin olive oil
- Juice of ½ lemon
- 2 teaspoons coconut sugar
- Pinch salt
- Toasted pine nuts





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Method

Place roughly cut vegetables (including apple, garlic and herbs) in a food processor using the shredding blade. Process until all vegetables are shredded evenly. Alternatively, vegetables can be shredded using a hand held grater.

Whisk oil, coconut sugar, lemon and salt together.

Transfer shredded vegetables to a salad bowl.

Pour dressing over salad and mix through.

Sprinkle with toasted pine nuts.

Squeeze extra lemon over before serving.

(NB: This recipe can also be chopped in a food processor (standard chopping blade) or Thermomix until a dip consistency is achieved. Great dip to enjoy with biscuits or fresh carrot sticks!)

Enjoy!

Jane

