



Beetroot and Orange Salad

Recipe source: Taste.com.au

Season: Spring

Type: Salad

Difficulty: Easy

Serves: Serves 20 to taste

Fresh from the garden: coriander, beetroot, donated oranges

| Equipment: | Ingredients: |
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| <ul style="list-style-type: none">• 2 Chopping boards• Small knife• Gloves• Large pot• Colander• Wisk• Measuring spoons• Measuring cups• Serving bowl | <ul style="list-style-type: none">• 3 bunches medium beetroot• 4 oranges• Fresh coriander leaves, to garnish• 2 orange, juiced• 1 tsp seeded mustard• 1 tbs (1/3 cup) honey• 3 tbs sour cream• 2 tbs mls (1/2 cup) light olive oil |

What to do:

1. Trim beetroot leaves and stems to about 2cm above the bulbs. Wash the beetroot bulbs, being careful not to break the skin, and place in a large saucepan.
2. Cover with water and bring to the boil over high heat. Reduce heat to medium. Simmer for 35 minutes or until beetroot is tender when tested with a skewer. (Try not to pierce the beetroot too many times during cooking as this will break the skin and much of the texture, flavour and colour will be lost).
3. Drain beetroot in a colander and set aside to cool.
4. Meanwhile, peel the oranges using a small sharp knife and remove any white pith. Segment the oranges by cutting away the membrane between each of the segments. Set aside.
5. To make the mustard and honey dressing, combine the orange juice, mustard, honey and sour cream and whisk to combine. Gradually add the olive oil in a slow steady stream, whisking constantly, until the dressing thickens slightly.
6. Peel skin from the beetroot (use kitchen gloves to prevent hands from being stained). Cut beetroot into wedges and toss with orange segments in a bowl.
7. Transfer salad to a serving bowl, drizzle with the dressing and garnish with coriander leaves.