

BEETROOT AND CABBAGE SALAD

2 fresh beetroots, peeled and grated.

(substitute with canned beets if unavailable)

1 small piece cabbage, shredded fine

1 handful chopped parsley

1 spring onion, sliced

1 handful chopped rocket

2 radishes, washed and grated

DRESSING

1 tsp mustard

1 tbs white wine vinegar

2 tbs oil

Zest and juice 1 orange

½ tsp sugar

½ tsp salt

Whisk dressing together in a jug or shake in a jar with lid.