



Crunchy Carrot and Beetroot Salad

100gm Simply Seasonal Beetroot and Horseradish Chutney

200gm grated carrot

25gms sunflower seeds

1 tablespoon olive oil

1 table spoon fresh orange juice

2 teaspoons balsamic vinegar

1 teaspoon Dijon mustard

Freshly ground Black pepper

Pinch of salt to taste



1. Place sunflower seeds in frying pan and toast for 5 minutes over a high heat. Keep them moving to avoid burning.
2. Mix olive oil, vinegar, orange juice and mustard, salt and pepper together well.
3. In a large bowl mix grated carrot and beetroot and horseradish chutney.
4. When seeds are toasted and still hot pour onto carrot mix and then immediately pour on dressing and mix well.