



Moroccan Beetroot and Carrot Salad

Recipe by Kate Flint

INGREDIENTS

- 2 cups grated carrots (from about 3 carrots)
- 1 cup grated fresh beets (from about medium-sized peeled beet)
- ½ cup raisins
- ½ tsp sweet paprika
- 1 teaspoon cumin
- ¼ teaspoon cinnamon
- Pinch salt
- Fresh ginger
- Small pinch cayenne pepper
- 2 tablespoons lemon juice
- 1 - 2 teaspoons honey
- 2 tablespoons fresh mint

DIRECTIONS

1. Place the grated carrots in a medium sized serving bowl with the raisins.
2. Place the grated beets into a sieve and briefly rinse with cold water (save and drink). This will rinse away a little of the excess beet juice that may otherwise colour the whole salad beet red. Pat dry with a paper towel.
3. Combine beets with carrots and raisins.
4. Whisk paprika, cumin, cinnamon, salt, cayenne, lemon juice and honey.
5. Pour dressing over and gently mix in. Stir in plenty of mint leaves



Sundays

with Lucie Cutting

on 936AM and the ABC listen app





Baked beetroot with balsamic vinegar, oregano and garlic

Recipe by Kate Flint

Serves 4

INGREDIENTS

- 500g fresh raw beetroots, preferably golf-ball size, scrubbed
- 10 cloves of garlic, unpeeled and squashed
- 1 big handful of fresh oregano, leaves picked
- Salt and freshly ground black pepper
- 10 tablespoons balsamic vinegar
- 6 tablespoons extra virgin olive oil

DIRECTIONS

1. Preheat the oven to 200°C.
2. If you can only get larger beetroots, halve or quarter them.
3. Place them into a casserole dish with the garlic and oregano.
4. Season generously with salt and freshly ground black pepper.
5. Add the vinegar and olive oil.
6. Put a piece of paper towel over the pot, Then put the lid on, so it seals.
7. Place in the preheated oven and cook for around 1 hour, until tender.
8. Delicious hot or cold.



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