

Beetroot Salad

Ingredients:

- Grated beetroot – 2 medium size - Approx 2 - 3 CUPS
- Red bell pepper (chopped into small pieces) – 1 CUP
- Soaked and drained almonds / peanuts – ½ CUP
- Honey - 2 TBPS
- Grated ginger – 1 TBPS
- Salt to taste
- Lemon juice – 1 TBSP (optional)

Method:

Take a bowl and add all the above ingredients and mix well.

Ingredients for Seasoning / Tempering

- Oil – 1 TBSP
- Mustard seeds – 1 TSP
- Curry leaves – 2 sprigs (available in Asian stores)
- Black Pepper powder – 1 tsp

Method:

- Heat oil in a pan and add mustard seeds and let them splutter. Switch off the stove.
- Add curry leaves and fry for 2 seconds.
- Add this tempering on top of the salad.
- Add lemon juice and toss the salad well to make sure the ingredients blend well