

Mint and Beetroot Salad

1 bunch of mint, equal to 1-2 handfuls

1 medium beetroot, washed and grated

1 tbsp of pumpkin seeds

1-2 tbsp Olive oil

juice from 1/2 to 1 lemon

Prepare this salad close to serving as possible. Once mint leaves are removed from the stem they will wilt quickly.

Wash the mint and remove the leaves and add the grated beetroot. Roast the pumpkin seeds for about 7min till golden and then add them to the salad. Mix the olive oil and lemon juice together and mix through the salad with your hands.