



## 5 SECOND BEETROOT SALAD (TM6, TM5)

 10 min.  10 min.  easy  4 portions

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### INGREDIENTS

400 g raw beetroot, peeled and cut into quarters (see Tips)  
100 g carrot, cut into pieces (see Tips)  
¼ red onion (approx. 45 g)  
1 green apple (approx. 95 g), cored and cut into quarters  
2-3 sprigs fresh coriander, leaves only, to taste  
2 tbsp olive oil  
20 g lemon juice (approx. ½ lemon)  
1 pinch salt, to taste

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### USEFUL ITEMS

no information

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### THERMOMIX PARTS

measuring cup, spatula

### Preparation

1. Place beetroot, carrot, onion, apple, coriander, oil, lemon juice and salt into mixing bowl and chop **2-3 sec/speed 5**.
2. Scrape down sides of mixing bowl with spatula and chop for a further **2-3 sec/speed 5**. Repeat if necessary until desired consistency is achieved, then serve.

### TIPS

- To use your blade cover and peeler refer to the user manual for instructions on inserting and removing.
- Serve on a bed of spinach leaves with crumbled goat's cheese or feta and toasted pepitas or pistachios.
- For extra flavour or to sweeten your salad, slightly add 1 teaspoon pomegranate molasses when adding beetroot.