

Beetroot Orange and Cucumber Salad

Workstation:

Equipment

Chopping board

Non slip mat

Knife

Metal spoon

Juicer

Large bowl

Microwave safe bowl

Measuring spoons

Ingredients

2 beetroots

1 cucumber

2 oranges

1 tbsp minced dill

1 tbsp minced mint

Juice of 1 lemon

1 tbsp maple syrup

2 grinds of salt

2 grinds of pepper

Method

1. **Place** beetroots in a microwave safe container with 1 ½ cm of water
2. **Microwave** on high for 2 minutes per beetroot
3. Beetroots are cooked when a fork can be **pierced** through
4. **Let** stand until cool
5. **Peel** the cooked beetroots
6. **Cut** into 1-2 cm sized pieces
7. **Peel** the oranges and cut into 3cm pieces
8. **Slice** the cucumber and cut each slice into quarters
9. **Mince** dill and mint
10. **Juice** the lemon

11. **Combine** lemon, maple syrup, minced dill and mint in a small bowl
12. **Pour** dressing over the beetroot, cucumber and orange and mix through