



MATCHSTICK SALAD

RECIPE OF THE WEEK: Affordable Wholefoods

This weeks recipe is a delicious labour of love. Julienned fresh carrot, beet and green apple combined with toasted walnuts, celery seed and fetta. A winner for summer. Enjoy!

Ingredients:

80g organic walnuts

1 teaspoon celery seed

2 tablespoons Apple Cider Vinegar

Olive oil

500g raw beetroot and carrot (combined)

2 green apples

1/2 cup flat leaf parsley and mint

50g feta cheese (optional)

Method:

Toast the walnuts and celery seeds in a dry frying pan over medium heat for 2 minutes, tossing regularly, then lightly crush in a pestle and mortar.

Reserve half of the walnut/celery mix and place the rest into a large salad bowl, along with the apple cider vinegar and 2 tablespoons of olive oil. Mix well to make a dressing.

Scrub and trim the beets and carrots and using either a mandolin or grater (or by hand), slice the beets, carrots and apples into matchsticks then toss them in the dressing.

Season the mix to taste, and sprinkle with the freshly diced mint and parsley, along with the reserved walnut and fennel seed.

Finish with a crumbling of fetta on top and enjoy!

Gluten Free | Refined Sugar Free | Vegan Option