

Beetroot, Apple and Green Bean salad

Ingredients: 5 medium sized beetroot (800g) 5 Apples 100g Green Beans Handful spinach leaves Handful beetroot leaves 1 tablespoon balsamic vinegar 1 Tablespoon brown sugar 2 Tablespoons olive oil	Equipment: Disposable gloves Small knife Green chopping board Large mixing bowl Medium Mixing bowl Small saucepan Large fry pan Wooden spoon Colander Measuring scales Measuring spoons 5 Serving bowls
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Method:

<ol style="list-style-type: none">1. Trim beetroot leaves and set aside to use later in the salad. Place beetroots in a medium sized saucepan of boiling water, uncovered for 45 minutes or until tender; drain. When cool enough to handle remove skin and slice into thin wedges. Place in a large mixing bowl.2. Remove tops from beans using a small knife. To Blanch beans; Set a colander in the sink ready to strain beans. Place beans in a small saucepan of boiling water and cook for 30 seconds, until beans have turned bright green.3. Strain beans in colander in the sink and refresh with cold water, to stop the cooking process.	<ol style="list-style-type: none">4. Slice beans- 2cm lengths and add to salad.5. Peel & Slice apples into quarters and remove core. Slice apple into wedges length ways.6. Place apple in a medium mixing bowl along with balsamic vinegar, brown sugar and olive oil. Mix to coat apple wedges.7. Heat a large saucepan over medium heat- Mark 7, and sauté apple until just cooked. Add to salad bowl.8. Wash beetroot leaves and spinach leaves and pat dry using a clean tea towel, add to salad.9. Season with salt and pepper.10. Divide salad into 5 serving bowls ready to be shared.
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