

# Warm Beetroot, Apple and Green Bean salad

Ingredients:	Equipment:
5 medium sized beetroot (800g)	Disposable gloves
5 Apples	Small knife
100g Green Beans	Green chopping board
¼ Red cabbage	Large mixing bowl
Handful spinach leaves	Medium Mixing bowl
Handful beetroot leaves	Small saucepan
1 tablespoon balsamic vinegar	Large fry pan
1 Tablespoon brown sugar	Wooden spoon
2 Tablespoons olive oil	Colander
	Measuring scales
	Measuring spoons
	5 Serving bowls

## Method:

<ol style="list-style-type: none"><li>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.</li><li>2. Remove tops from beans using a small knife. To <b>Blanch</b> 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.</li><li>3. Strain beans in colander in the sink and refresh with cold water, to stop the cooking process.</li></ol>	<ol style="list-style-type: none"><li>4. Slice beans- 2cm lengths and add to salad.</li><li>5. Peel &amp; Slice apples into quarters and remove core. Slice apple into wedges length ways.</li><li>6. Place apple in a medium mixing bowl along with balsamic vinegar, brown sugar and olive oil. Mix to coat apple wedges. Shred Cabbage.</li><li>7. Heat a large saucepan over medium heat- Mark 7, and sauté apple until just cooked. Sauté cabbage until just cooked. Add cabbage and apple to salad bowl.</li><li>8. Wash beetroot leaves and spinach leaves and pat dry using a clean tea towel, add to salad.</li><li>9. Season with salt and pepper.</li><li>10. Divide salad into 5 serving bowls ready to be shared.</li></ol>
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