

TURNIP AND CARROT SALAD

300 grams turnips, peeled and grated

300 grams carrots, peeled and grated

½ cup chopped parsley

¼ cup pumpkin seeds

2 tablespoons olive oil

2 tablespoons lemon juice

¼ to ½ teaspoon sea salt

pepper to taste



Place the turnips, carrots, parsley and pumpkin seeds into a salad bowl. Add the olive oil and lemon juice. Season with salt and pepper and toss to combine.

Note: Keep in mind that once grated, turnips will change colour from pure white to slightly yellowish and translucent. So ideally you would grate the turnip and add it at the last minute to your salad before serving to keep it looking as white as possible.

Also, even if you don't usually add salt to vegetable dishes, the addition of salt to this salad will take off the slight bitterness of the turnips and improve the flavour.

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