

Apple, Beetroot, Carrot & Ginger Salad

Ingredients

1 apple
1 beetroot
1 carrot
big lump of ginger
1 lemon

Method

Grate everything (except the lemon) & mix together; juice the lemon and pour over; mix and serve!

Cooking tip:

If your soup/stew/whatever has started to burn and stick to the bottom of the pan, turn off the heat and leave it for 5 minutes – the stuck bit will magically come unstuck!