

## **Raw Candy - Striped Beet, Baby Marrow, Feta & Pomegranate Salad**

With Summer rapidly approaching and the fear of 'bearing all' around the swimming pool, re-emerging after hibernating all winter long, I decided it was time to start cutting out the carbs to slim down that stubborn waist line. I was inspired when I saw the beautiful candy-striped beetroots in the veg section at my trusty Mothership and this salad just evolved from there. I must say, I'm quite pleased with the end result ... not only is it super healthy but its eye catchingly vibrant in colour, tasty and not so predicatlbe.

### Ingredients:

3 Candy-Striped Beetroots (washed & scrubbed, top & tailed)

1 Pack Baby Marrow (washed, top & tailed)

1 Pack Snap Peas (washed & halved)

2 or 3 Radishes (washed, top and tailed)

1 Generous Handful of Pomegranates

1 Generous Handful of Sunflower Seeds

1 or 2 Rounds of Feta Cheese (Goats Cheese or Buffalo Mozzarella Balls would also work well)

1 Pack Mung Bean Sprouts

1 Packet Rocket

Juice of 1 or 2 lemons

For the Lemon Zest Dressing:

30mls Olive Oil

15mls Balsamic Vinegar

Zest of 1 lemon, finely grated

10mls fresh lemon juice

Pinch Brown Sugar

2 Cloves Garlic, crushed and finely chopped

Sprinkle of salt & black pepper

Method:

Using a mandolin, carefully slice the candy beetroots into thin rounds and submerge in a bowl of lemon juice for 10 minutes. In the mean time, slice each baby marrow in halve lengthways and run down the mandolin creating thin strips, set aside. Now run the radishes along the mandolin, creating beautiful thin little rounds, place in a bowl of cold water until required.

Make the dressing by whisking all the ingredients together. Place rocket leaves on platter, coat with some of the dressing & toss. Remove beets from their lemon bath and scatter over the rocket, together with the baby marrow slices, snap peas and radishes. Sprinkle over the pomegranates, feta & sunflower seeds. Give another good toss & garnish with Mung Beans. Either Pour over the remainder of the dressing just before serving or serve separately, along side the salad.