

# Raw beetroot and pear salad



Recipe supplied by: Jamie Oliver's Learn Your Fruit and Veg program.

Serves 6

## Did you know?

- Beetroot leaves are edible – they're delicious in a green salad or cooked like spinach.
- The amazing colour of beetroot means it can be used as a natural dye – it's sometimes used to make purple pasta!

Jamie Oliver's Learn Your Fruit and Veg program aims to inspire all children to engage in food education. It is designed to teach children about food in a hands-on environment; what it is, where it comes from, ways to prepare it, and how it affects their bodies while equipping them with valuable skills for life. For more information visit:

<https://www.thegoodfoundation.com.au/courses/jamie-olivers-learn-your-fruit-and-veg-online/>

## Ingredients

- 4 good-sized raw beetroot (approx. 500g)
- A few sprigs of fresh flat-leaf parsley
- 1 firm pear
- 1 lemon
- 2 tbsp extra virgin olive oil
- Sea salt and freshly ground black pepper
- 50g feta cheese

## Method

1. Pick and pull the leaves off the beetroot (save for mixed salads).
2. Wash the beetroot under cold running water, scrubbing with a scrubber to get rid of any dirt – there's no need to peel them.
3. On a chopping board, pick and roughly chop the parsley leaves, discarding the stalks.
4. Pull the stalk off the pear, then use a box grater to coarsely grate it onto a board (core and all).
5. Transfer to a mixing bowl, then do the same with the beetroot.
6. Cut the lemon in half.
7. Squeeze over the juice, using your fingers to catch any pips.
8. Drizzle over the olive oil, then season with a tiny pinch of salt and pepper.
9. Add the chopped parsley, then toss everything together until nicely coated.
10. Transfer to a serving dish, crumble over the feta. Serve.

For more great recipes, see

<https://hw.qld.gov.au/blog/boost-your-recipes/>.