



## RECIPES FROM FARM PRODUCE

### BEETROOT CRUNCH

2 raw beetroot  
1/4-1/2 red onion or spring onion  
1 small apple  
1 lemon, juiced



#### Variations/Additions

1 carrot  
2 tbsp fresh coriander leaves/parsley/mint  
2 tbsp olive oil  
Salt & Sugar to taste

Chop the vegetables into small pieces but not mushy - use food processor.  
Mix in chopped herbs and dressing ingredients.

### BROCCOLI SALAD

1 small head of broccoli (use the stems too)  
1 carrot  
1 apple, quartered & cored  
1/2 onion, spring onion



#### Dressing:

100g yoghurt or mayonnaise  
1/2 lemon, juiced  
Salt & Pepper to taste

OR

1/2 lemon, juiced  
2 tbsp olive oil  
1tbsp honey  
Salt & Pepper to taste

Chop all vegetables into small pieces but not mushy - use food processor.  
Mix in dressing ingredients.

# ENGLISH SPINACH, SILVER BEET OR KALE SALAD

1 bunch of silver beet, English spinach or kale or mixture of all, sliced into small pieces  
1/2 cup quinoa cooked  
and/or 1 cup brown rice cooked  
1 carrot, sliced into small strips  
1 Lebanese cucumber sliced into small strips  
1/2 cup currants or raisins  
1 red capsicum sliced into small strips  
1 punnet of baby tomatoes, halved



## Dressing:

1/2 cup olive oil  
1 lemon, juiced  
1 tbsp honey or pomegranate molasses or soy sauce  
Salt & Pepper to taste

Mix salad ingredients together and add dressing. Cashews and/or pepitas can be added before serving.