

# BEETROOT SALAD

## Ingredients :

- Beetroot (boiled) -2 or 3
- Kothmir (chopped)
- Small Onions – 4
- Olive Oil – 2 tbsp
- Vinegar – 1 tbsp
- Mustard Paste – ½ tsp
- Honey – 1 tsp
- Salt – ½ tsp
- Pepper – to taste

## Process :

Cut the beetroot into small or medium pieces after removing the skin. Put them in a bowl. In another bowl mix olive oil, vinegar, honey, mustard paste, salt and pepper. Add chopped kothmir and small onions to the liquid mixture and then add the liquid mixture to beetroot bowl and mix well.

For topping, add some sunflower or pumpkin seeds.

Your salad is ready.