



Carrot & Beetroot Slaw



You will need

- Mixing bowl
- Spoon
- Grater
- Knife
- Peeler
- Chopping Board

Ingredients

- 3 carrots
- 3 raw fresh beetroots or vacuum packed beetroots
- 3 spoonful's of soft cheese or mayonnaise
- A handful of fresh parsley, roughly chopped or 2 teaspoons of dried parsley or mixed herbs
- Handful of raisins (optional)
- Pepper



How to make:

- Wash and peel the carrots and the beetroot, then coarsely grate, add to mixing bowl. Wear gloves to avoid pink stained hands.
- Using scissors snip the bunch of parsley into small pieces and add to the bowl.
- Stir in raisins and mix well.
- Add soft cheese or mayonnaise and a pinch of pepper, mix all the ingredients together.