



Beetroot salad

Ingredients

- 4 Beetroot - cooked until still firm
- 2 Large carrots
- 1/2 Cabbage
- 2 Large coloured capsicum - chopped
- 1 Cup chopped prunes
- 1/2 Cup chopped walnuts
- 1/2 Cup pumpkin seeds
- Salt and pepper
- 250ml [Wild Appetite Blood Orange & Poppy Seeds Dressing](#)
- 250ml [Urban Appetite Classic Caesar Dressing](#)
- 2 Oranges, peeled and segmented



Method

Shred cooked beetroot, carrots and cabbage. Add capsicum, prunes, walnuts and pumpkin seeds.

Season with salt and pepper, and pour over the combination of [Wild Appetite Blood Orange & Poppy Seeds Dressing](#) and [Urban Appetite Classic Caesar Dressing](#).

Top with segmented oranges to serve.

This salad is best to make a day in advance so can mature.