

Hot Beetroot Salad

Servings: 4

Prep Time: 10min

Cook Time: 5min



Ingredients

- 3 raw beetroot, peeled and cut into matchsticks
- juice 1 lemon
- 1 tbsp honey
- 1 tbsp grainy mustard

Directions

1. In a large non-stick frying pan, fry the beetroot for 2 mins. Add the lemon juice and cook for 1 min more. Drizzle in the honey and mustard and stir to coat the beetroot. Serve immediately.