

Beetroot, Cucumber & Mint Salad

Equipment	<u>Ingredients</u>
<ul style="list-style-type: none">• Chopping board• Sharp knife• Vegetable peeler• Colander• Measuring spoons• Measuring jug• Large mixing bowl• Spoon for mixing• Absorbent paper/paper towel	<ul style="list-style-type: none">• 1 large (400g) green cucumber• 1 teaspoon coarse cooking salt• 2 x 425g tins sliced beetroot, drained• 1 medium (170g) red onion• 2 tablespoons finely chopped fresh mint leaves• 1 teaspoon finely grated lemon rind• ¼ cup (60ml) lemon juice• 1 teaspoon sugar

Method

1. Peel and finely chop the cucumber. Place in a colander, sprinkle with salt and let stand for 15 minutes.
2. Drain the tinned beetroot well and cut into small bite-size pieces.
3. Finely chop the onion and mint leaves.
4. Rinse cucumber under cold water and drain well on absorbent paper.
5. Combine cucumber, beetroot, onion, mint, lemon rind, lemon juice and sugar in a large bowl. Toss gently to combine.