

Beetroot, Carrot and Sesame Salad



Ingredients:

- 4 Carrots, peeled and spiralised
- 3 Beetroots, peeled and spiralised
- 2 Oranges, zest and juice
- 2 tbs Sesame seeds, lightly toasted in a frying pan
- 2 tsp Honey
- 1 clove Garlic
- 1 tbs Olive oil
- 1/2 tbs Corander, finely chopped
- 1/2 tbs Flat leaf parsley
- Salt and Pepper

Directions:

Mix the carrots and beetroot together in a large bowl. Add the rest of the ingredients and mix well.