

# Christmas Salad

A quick, vibrant and healthy salad to complement ham or turkey. Perfect for our hot "African" Christmas.

Serves: 6-8 people as a side dish

Preparation time: 25 minutes

## Ingredients

### Dressing Ingredients

3 Tbsp grapeseed oil  
Juice ½ lemon  
Juice ½ orange  
Sea salt to taste

### Salad Ingredients

1 tsp sugar  
2 tsp balsamic vinegar  
Pinch ground nutmeg  
2 beetroots, peeled and halved  
10g herbs of choice, optional (eg parsley, basil, mint,)  
4 spring onions/shallots, trimmed and roughly chopped  
80g mixed gourmet lettuce leaves  
2 ruby grapefruit or oranges, peeled and cut into segments

## Method

### Dressing method

- Place all dressing ingredients into mixing bowl and whisk for **3 sec/speed 5**. Set aside until required.


### Salad method

- Without washing mixing bowl, place sugar, vinegar and nutmeg into mixing bowl and mix for **5 sec/speed 7**.
- Add beetroot and chop for **2 sec/speed 6** or until coarsely grated. Set aside.
- Place herbs into mixing bowl and chop for **2 sec/speed 7**.
- Add spring onions/shallots and chop for **2 sec/speed 5**.
- Arrange a bed of lettuce on a platter and place reserved beetroot in centre, surrounded by a circle of grapefruit segments. Sprinkle with spring onions/shallots and herbs, then drizzle with reserved dressing.
- To add a little of the orange colour in the beetroot, garnish with a few julienned carrot strips.

This recipe comes from "Devil of a Cookbook" by Fiona Hoskin of Tasmania. The book was put together in aid of raising funds to save the Tasmanian Devil. Fiona says "My passion for good food sparked my interest in cooking with a Thermomix, especially when I discovered that food tasted better because of the shorter cooking times" For this and other Thermomix recipe books, please contact our office on 011 974 1171 or [info@sathermomix.co.za](mailto:info@sathermomix.co.za)



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