



COOK
EAT
ENJOY

HAM AND BEETROOT SALAD

YOU WILL PROBABLY HAVE ALL THIS IN THE FRIDGE ALREADY
MAKES 2

- 100g frozen peas
- 175g beetroot cubed
- 2 spring onions thinly sliced
- 2 baby gem lettuce sliced
- 100g ham
- 2 tsp yoghurt or creme fraiche
- 2 tsp horseradish sauce

1 Run the peas under a hot tap for a few minutes to defrost.

2 Place salad leaves into two bowls and top with the peas and beetroot.

3 Mix the yogurt and horseradish to make a dressing, add a splash of water if it's a bit thick, then drizzle over the salad

4 Layer the ham on the top and sprinkle with spring onions.

Feel free to add tomato if you have some, or swap out the ham for beef would be really tasty

1 portion fruit

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