



RAW ENERGY

This has to be our most popular salad. There are various versions out there – ours was perfected by Jo Williams.

Jo worked with me at Ripe at the very beginning. I can't thank her enough for all the ideas and recipes she has given us. Jo now owns a very successful business here in Auckland, Madame Jo Jo's Foodstore. Definitely worth a visit if you haven't yet been.

Serves 4-6

500g raw **BEETROOT**, peeled and grated
700g **CARROT**, peeled and grated
1 cup **FRESH MINT LEAVES**, roughly chopped
½ cup (80g) **RAISINS**
¼ cup (30g) **SUNFLOWER SEEDS**, toasted
¼ cup (30g) **PUMPKIN SEEDS**, toasted
½ tsp **SALT**

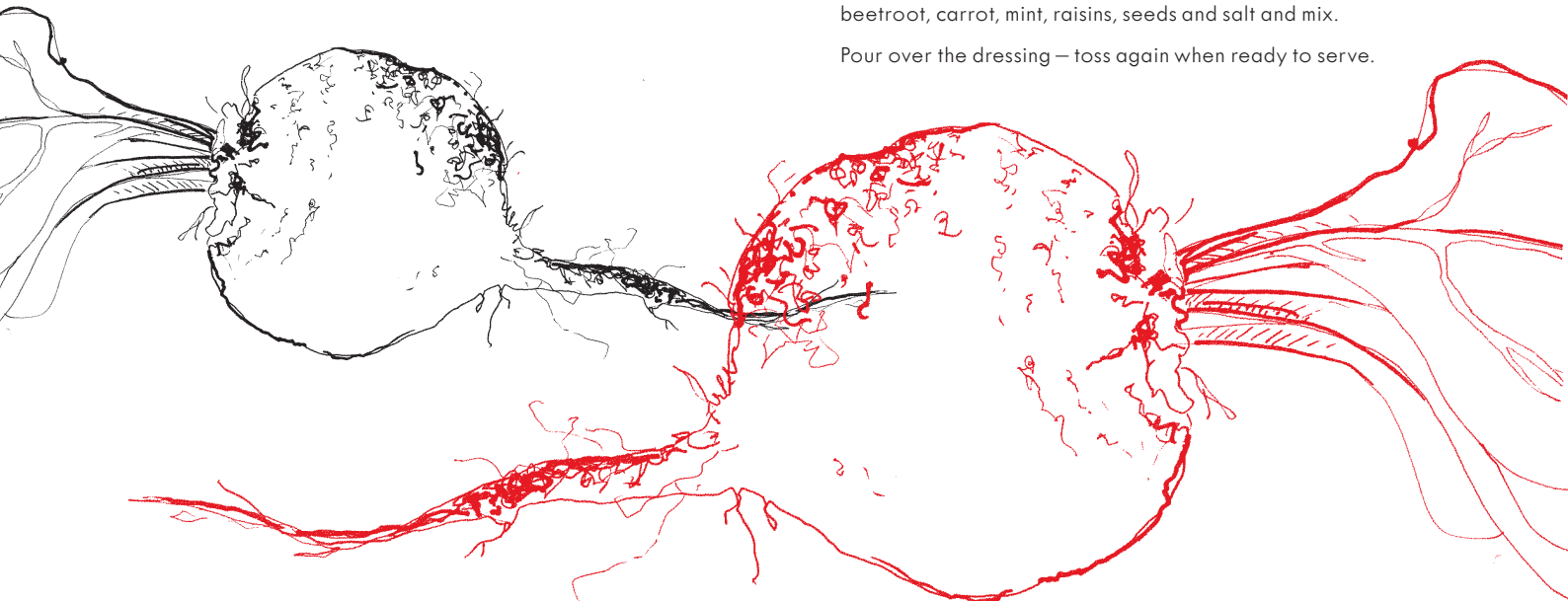
DRESSING

2 tbsp **POMEGRANATE MOLASSES**
2 tbsp **BALSAMIC VINEGAR**
¼ cup (60ml) **ORANGE JUICE**
¼ cup (60ml) **OLIVE OIL**
1 tbsp **HONEY**

To prepare the dressing: place all the dressing ingredients in a jar with a tight fitting lid. Shake well to combine.

To prepare the salad: in a large serving bowl, combine the beetroot, carrot, mint, raisins, seeds and salt and mix.

Pour over the dressing – toss again when ready to serve.



Beatnik

ripe
delicatessen

