



# Beetroot Top & Seasonal Fruit Salsa

Makes 2 jars

🕒 20 minutes

Beet stems provide a delicious crunch to this salsa. Use fruit that is in season e.g. citrus in winter, and mangoes, cherries and berries in spring/summer, and apples in autumn.

## Ingredients

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- 1 cup finely chopped beetroot leaves
- 1 cup finely chopped beetroot stems
- 1 cup finely chopped seasonal fruit
- 1/4 cup chopped herb of choice e.g. mint
- 1 1/2 tbsps red-wine vinegar
- 2 tbsps olive oil
- 1/2 tspn salt
- chilli flakes as desired
- 1 tspn honey if more sweetness is desired

## Method

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1. Combine all ingredients in a bowl and stir to thoroughly combine.
2. Store in a glass jar in the refrigerator and use within one week.
3. Serve alongside flatbreads and dips, or fold 1/2 cup of salsa through 2 cups of cooked quinoa to make a delicious quinoa salad. Add feta cheese or goats cheese to compliment the acidity and sweetness of the salsa.