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# Ginger/ Orange beats

4 medium beetroot  
4 tablespoons orange juice  
1 tablespoon orange zest  
1 tablespoon olive oil  
1 tablespoon grated root ginger  
2 tablespoons chopped parsley  
Blackpepper  
175g spouted alfafa  
1 bunch watercress, picked over and stalks removed  
1 orange cut into wedges, to garnish

Peel and grate the beetroot. Combine the orange juice, zest, olive oil, ginger and parsley together and stir in the beetroot. Season with salt pepper and leave for 1 hour.

Arrange the alfafa and watercress on 4 plates. Pile the beetroot on top, garnish with orange segments and serve.