

BEETROOT & CUCUMBER SALAD WITH
DILL & HERB DIJON DRESSING

Gary Parsons, *H&B Executive Chef*

HARVEY & BROCKLESS
the fine food c^o

Whatever we do, from sourcing amazing food
to delivering it on time,
we always stick to one simple rule...

an absolute dedication to honest, authentic, remarkable food.

BEETROOT & CUCUMBER SALAD WITH DILL & HERB DIJON DRESSING

Chef Gary Parsons

Ingredients

SERVES 4 PORTIONS

HS725 Harvey & Brockless Kitchen Herb Dijon Dressing	30ml
IN019 Cornish Sea Salt	2g
Cooked Beetroot, cut into cubes	300g
Cucumber, peeled, halved, deseeded and cut at a angle	1 large
Red Onion, peeled, cut in half and sliced	1 onion
Dill, picked and chopped	20g
Flat Parsley, picked and washed	20g
Nigella Seeds	1 tsp
Red Cos Lettuce, washed and torn into large pieces	1 head
Cracked Black Pepper	

Method

1. Combine all the ingredients in a large bowl.
2. Pour in the herb dijon dressing, mix well, season with salt and pepper.
3. Then serve the salad in a bowl of your choice.



BEETROOT & CUCUMBER SALAD

With Dill and Harvey and Brockless Kitchen Herby Dijon Dressing

Cornish Sea Salt Flakes

A pebble's throw from the Atlantic Ocean, the salt house that produces Cornish Sea Salt uses pure sea water from a protected marine zone, which is high in trace elements. It's this purity that gives the salt its fresh flavour and makes it so popular with chefs. Add a sprinkle to chocolate brownies to elevate them to new levels.

Harvey and Brockless Kitchen Herby Dijon Dressing

A bold green dressing, bursting with aromatic herbs. Fresh basil and mint are complimented by the gentle dijon warmth.
