

BEET RELISH

Time: 10 minutes

Serves: 8

Ingredients:

250g cooked diced beets (398ml can - drained)
50g capers - drained
30g balsamic vinegar
25g extra-virgin olive oil

Preparation:

Place all ingredients in a food processor and pulse to the desired consistency.

Serve immediately or refrigerate.

Nutritional Information Per Serving:

Calories: 37	Hand-Size Portion Guide
Fat: 3.1g	Palms of Protein: 0
Carbs: 0.6g	Fists of Vegetables: 0
Fibre: 0g	Cupped Hands of Carbs: 0
Protein: 28g	Thumbs of fat: 0