

Radish

Beneath the red radish skin is white flesh with a crunchy texture. Radishes can be round or cylindrical in shape. Other varieties can be purple, red, pink or yellow. They are sweet and juicy but also have a hot, peppery flavour, which means they are often sliced thinly. They are eaten raw or cooked.



**Mansfield Fresh
Food Drive**

01 Storage

Store in vegetable draw of fridge.

02 Preparation

Wash, then chop off the greens, if present, then slice off the root. Leave whole, slice or chop, as required. Always prepare radishes just before using, as they lose their potency when cut.



04 Nutrition

Radishes are a good source of vitamins C, folate and riboflavin (vitamin B2). They contain minerals such as calcium, potassium (which helps to regulate blood pressure) and manganese (involved in the regulation of brain and nerve function).

03

Use

Radish is commonly used in salads; kept raw and thinly sliced into rounds. Other popular ways to use radishes is to pickle or roast them.

Radish, rocket and mint salad with salmon



INGREDIENTS

- 2 cups (300g) frozen broad beans
- 4 salmon fillets, skin on
- 2 tablespoons White Wine Vinegar
- 1/4 cup (60ml) olive oil
- 1 teaspoon Dijon mustard
- 2 teaspoons honey
- 2 tablespoons coarsely chopped dill
- 120g pkt Rocket
- 6 radishes, trimmed, thinly sliced
- 1/2 cup mint leaves
- 1 red onion, thinly sliced
- 100g fetta, crumbled

METHOD

Step 1

Cook the broad beans in a large saucepan of boiling water for 2 mins or until heated through. Refresh under cold water. Drain well. Peel broad beans and place in a large bowl.

Step 2

Season the salmon. Heat a large frying pan over medium-high heat. Add the salmon and cook for 3 mins each side for medium or until cooked to your liking. Transfer to a plate and cover with foil. Set aside for 5 mins to rest.

Step 3

Place the vinegar, oil, mustard, honey and dill in a screw-top jar and shake until well combined. Season. Add the rocket, radish, mint and onion to the broad beans in the bowl. Drizzle with the dressing and toss to combine. Divide the salad among serving plates and sprinkle with fetta. Serve with the salmon.

Recipe from taste.com.au