



ROASTED BETROOT, WALNUT, FETA SALAD

PER PERSON

- ½ medium raw beetroot (you can substitute for squash, sweet potato, chickpeas for example)
- Salad greens / leaves washed
- 2 cherry tomatoes
- 2 sundried tomatoes sliced
- Peeled ribbons of carrot
- 25g feta cheese crumbled topping
- 2 whole walnuts crumbled topping
- **OPTIONAL:** Pomegranate seeds to dress (1 tbsp) **OR** ¼ fresh orange cut into segments

DRESSING

OPTION: Carrot Top Pesto – See recipe under ‘Sauces & Dressings’ section on www.reveal.ie

Or

OPTION: Apple Cider Vinegar Dressing



METHOD

Wash the beetroot and dice into cubes , place on a baking tray with seasalt and roast for 20-30 mins at 150c oven (keep check so they don't burn, you can cover over with some foil to avoid this!)

Separately assemble the salad in a nice fancy bowl and decide on your dressing!

Crumble feta, walnuts on top to finish.