



Roasted Beetroot with Goat's Cheese and Walnuts



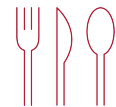
DIFFICULTY: EASY



PREPARATION TIME: 15
MINS



COOKING TIME: 20 MINS



SERVES: 4

Ingredients

600g beetroot

2 **red onions**

100g **fresh goat's cheese or sheep's cheese**

2 **tbsp of walnuts**

50g brown sugar

2 tbsp extra-virgin olive oil

50ml balsamic vinegar

1 teaspoon honey

1 **Spring onions**

1 tbsp cumin

Sea salt

Freshly ground pepper

Equipment:

Rubber gloves

Parchment paper

Kitchen twine

Method

Preheat oven to 180 °C CircoTherm®.

Peel the onions and beetroot (beetroot will stain your hands, so wear some rubber gloves when doing so). Cut the veg into broad strips but don't discard the shavings as they can be sautéed and eaten as a delicious, healthy snack!

Now brown the onions in the pan. Add the brown sugar and caramelize, deglazing with some balsamic vinegar.

Add the beetroot and sauté for ten minutes, then drizzle over the olive oil and honey. Meanwhile, dice the goat's cheese and coarsely chop the nuts and season with sea salt and pepper. Finally, cut the parchment paper into 30cm large squares.

Portion out the vegetables into the centre of the paper squares, until all the ingredients are distributed evenly. Top with fresh goat's cheese and walnuts and season each portion with a pinch of cumin. Fold the paper into the centre forming a parcel and close with kitchen twine. Cook in the oven for 20 minutes.

Finally, finely chop the spring onions and scatter on top before serving. Enjoy on its own or as a side dish.

Tip: this recipe is delicious with pitta bread. It also works well as a side dish with roast meat. You can also replace the beetroots with other vegetables, such as sweet potatoes or pumpkin. Goat's cheese also pairs well with a variety of nuts – try substituting the nuts in this recipe for pistachios, hazelnuts, pine nuts or your nut of choice!

Notes
