



Roast beetroot salad



DIFFICULTY: EASY



PREPARATION TIME: 30
MINUTES



COOKING TIME: 1 HOUR



SERVES: 4-8

Ingredients

100 g macadamia nuts
4 large beetroots
2 tsp sumac
1 tbsp honey
2 tbsp olive oil
Salt and pepper, to taste
½ bunch mint
½ bunch basil
50 g baby spinach leaves
1 punnet yellow cherry tomatoes, halved
100 g Persian fetta in oil
50 ml balsamic glaze

We use Australian tablespoons and cups: 1 teaspoon equals 5 ml; 1 tablespoon equals 20 ml; 1 cup equals 250 ml. | All herbs are fresh (unless specified) and cups are lightly packed. | All vegetables are medium size and peeled, unless specified. | All eggs are 55–60 g, unless specified.

Method

Place the macadamia nuts onto the universal tray lined with baking paper. Place tray in the oven on shelf level 3. Select CircoTherm® at 160°C and cook for 10-12 minutes from a cold oven. When lightly golden, remove and set aside to cool.

Peel the beetroot and then dice into thin wedges. Place into a medium mixing bowl with the sumac, honey, olive oil, salt and pepper, and stir until everything is combined. Line universal tray with baking paper and spread out beetroot in a single layer. Cook beetroot on CircoTherm® at 160°C for 35-45 minutes on level 3, then set aside to cool.

While the beetroot is cooking, pick the mint and basil leaves and tear into 2-3 pieces.

With the back of a knife or under a clean pot crush the macadamia nuts slightly.

Place the Persian fetta in a small mixing bowl with the oil from the container. Using a whisk or spoon mix together until combined.

Put the beetroot into a large mixing bowl with the spinach, basil, mint and nuts and toss until combined, then pour onto serving platter.

Top salad with yellow cherry tomatoes, then add dollops of the fetta. Drizzle with balsamic glaze just before serving.

Notes

No preheating of the oven is required for this recipe.