Roasted Baby Beetroot with Pistachio Feta and Kale Chips

DIFFICULTY: MEDIUM

PREPARATION TIME: 20 MINUTES

COOKING TIME: 15-20 MINUTES KALE CHIPS; 15-20 MINUTES BEETROOT AND FETA

SERVES: 6

Ingredients

Kale Chips

3 to 4 kale leaves
1 tbsp olive oil

Roasted Beetroot

10 baby beetroots
2 tbsp olive oil
freshly ground black pepper

Pistachio Feta

100g Greek feta diced into 1.5cm cubes
¼ cup finely chopped pistachios
1 tbsp olive oil

Dressing

1 tbsp olive oil
1 tbsp lemon juice
1 tbsp chopped dill
freshly ground black pepper

Method

Preheat oven on Circotherm function at 150˚c.

Remove the leaves from the stems of the kale and break into large pieces. Rub the olive oil into the leaves and arrange on two trays that have been lined with baking paper.

Cook on shelves 1 and 3 for 15 to 18 minutes until crispy.

Peel the beetroot leaving some of the root intact. Coat in olive oil and place onto the universal pan that has been lined with baking paper. Season with pepper. Place tray into the oven on shelf position 2 and select Microwave Combination hot air at 210C with 360w microwave. Cook for 15 to 18 minutes or until beetroots are tender.

Coat the feta pieces in chopped pistachio's.

Place fry sensor pan on Induction cooktop and select level 5 on fry sensor. When the temperature has been reached, add the oil then quickly fry the feta until lightly golden.

Place the kale chips on a serving plate and arrange the beetroot on top. Place the pistachio feta around the beetroot.

Combine all the ingredients for the dressing & drizzle over the salad.

Notes