

Roast beetroot, sunflower  
seed & chive cream, toasted  
walnuts

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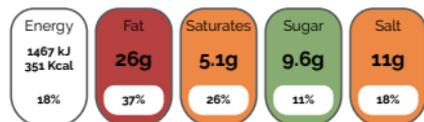
# Roast beetroot, sunflower seed & chive cream, toasted walnuts

Vegan

SERVES 4

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Per Average Serving



Of an adult's Reference Intake (8400kJ / 2000Kcal)  
Typical values per 100g: Energy 556kJ/133Kcal

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## INGREDIENTS:

Salad:

500g beetroot  
15ml olive oil  
50g baby gems  
150ml sunflower seed and chive cream  
50g pickled red onion  
50g walnuts, toasted  
10g chives, chopped  
Sea salt and freshly ground

black pepper  
Sunflower seed and chive cream:  
100g sunflower seeds  
1 lemon, juiced  
30ml olive oil  
1 tsp black pepper  
50ml vegan yoghurt  
5ml cider vinegar  
10g chives, chopped

Pickled onions:

500g red onions  
200g cider vinegar  
2 tsp coriander seeds  
2 tsp fennel seeds  
1 tsp black peppercorns  
1 tsp dried chilli flakes  
1 tsp salt  
100ml water

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## METHOD:

1. To make the sunflower seed and chive cream: Lightly toast the sunflower seeds, place in a pan covered with 50ml water and cook until they soften. With the exception of the chives, blend all ingredients together in a vitamix until smooth, adding a little more water to achieve a double cream consistency. Remove from the blender and once cooled add the chives.
2. To make the pickled red onions: Peel and thinly slice the red onions, place all ingredients except the onions in a pan, bring to the boil, sieve and pour hot liquid over the red onions, cover whilst still hot and allow to cool naturally. Refrigerate for 24 hours.
3. To prepare the salad. Cube the beetroot into 2cm dice. Preheat oven to 200°C. Place the cubed cooked beetroot on a roasting tray, toss with 15ml olive oil and season. Roast in the hot oven for about 20 minutes or until a little colour is gained. Allow to cool. Build the salad on a platter with the salad leaves, beetroot, pickled red onions and sunflower seed and chive cream and finish with the toasted walnuts and chopped chives.