



Roast beetroot, sunflower
seed & chive cream, toasted
walnuts

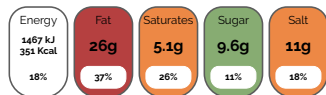
WAYS  WELL

Roast beetroot, sunflower seed & chive cream, toasted walnuts

Vegan

SERVES 4

Per Average Serving



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

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

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.