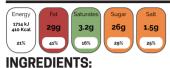


## Roast Beetroot & Apple Salad

SERVES 5





Per average serving

Of an adult's Reference Intake (84000KJ / 2000Kcal) Typical values per 100g: Energy 724KJ/173KCal

1.3kg Beetroot Mixed 350g Apple Mixed Pack 1 Lemons 4g Rosemary 3 Garlic cloves 10g Flat Leaf Parsley 75ml Water 15g Rocket 25g Watercress 40ml Sherry Vinegar 125ml Olive Oil 5g Cumin Seeds 5g Fennel Seeds 100g Whole Almonds Cracked Black Pepper Cooking Salt 100 ml Rose Harissa Paste 50 ml Maple Syrup

## METHOD:

- Preheat an oven to 1900C/ gas mark 5. Roast the almonds until golden, keep back 25g for garnish, soak the rest for at least 3 hours or overnight, then drain.
- Put the drained almonds into a blender with 150ml olive oil, 1 lemon zest and juice , 50ml sherry vinegar, gartic and 3g salt. Blitz until creamy, you may need to add a little water.

## For The Salad:

- 1. Wash and scrub well the beetroot, remove the roots and then cut into wedges.
- Add the beetroot wedges to a roasting tray with 50ml of the olive oil, 5g salt and 4g of pepper. Half zest and juice of 1 lemon, rosemary and all the seeds.
- Toss altogether and bake in the oven for 30- 40 minutes or until tender and allow to cool. Chop roughly the parsley and mix into the beetroot.
- 4. Wash, core and cut the apples into wedges. Season with the lemon zest and juice, maple and olive oil. Toss together, place on a baking tray and bake for 10 minutes until caramelised and still firm. Allow to cool. Mix in the chopped parsley.
- 5. On a serving plate, spoon on the almond dressing and spread. Place the roasted beets on the top, then add the roasted apple, top with the watercress and rocket. Dress the salad with the rose harissa paste and finish with the toasted almonds.

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WAYS TO BE WELL

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