

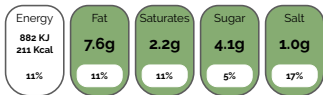


Beetroot Salad with Salsa Verde, Mung Beans & Feta Cheese

WAYS  WELL

Beetroot Salad with Salsa Verde, Mung Beans & Feta Cheese

Serves 4 | High Protein & Fibre | 1 of 5-a-day



Per average serving of an adult's Reference Intake
(84000 KJ / 2000 Kcal)
Typical values per 100g: Energy 589 KJ / 141 Kcal

INGREDIENTS:

Salad:

5 medium sized beetroots,
tops and tails removed and
washed
50g mung beans, cooked as
per packet instructions
15ml olive oil
½ tsp salt
50g feta cheese, crumbled

Salsa Verde:

1 clove garlic, peeled and
crushed
25g flat leaf parsley
12g fresh basil, stalks removed
12g fresh mint, stalks removed
15g capers
30g gherkins
4 anchovy fillets

½ tbsp Dijon mustard

1 tbsp red wine vinegar

80ml olive oil

Sea salt and freshly ground

black pepper

METHOD:

1. Heat an oven to 170C. Toss the beetroots with the olive oil and season with the salt then wrap up in a tightly sealed foil parcel. Place on a baking tray, put in the oven and roast for 90 minutes.
2. Take a small bowl or pan and squash each beetroot so it flattens and fragments. Return to the oven and roast for a further 15 minutes, so that the skin and edges start to crisp up.
3. For the salsa verde finely chop the herbs on a large board with the capers, gherkins and anchovies, place in a bowl, add the mustard and vinegar, then slowly stir in the oil.
4. Place the beetroots on a platter, sprinkle with the mung beans, crumbled feta and salsa verde.