



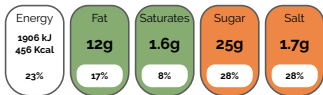
Roast Beetroots, Sticky Tamarind Plum & Baby Gem, Chive Rice



WAYS  WELL

Roast Beetroots, Sticky Tamarind Plum & Baby Gem, Chive Rice

SERVES 5



Per average serving

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

INGREDIENTS:

1.3k#g Mixed beetroot	25 ml Light Soy sauce	50ml Honey
460g Plums	15g Fresh coriander	325g Basmati rice
1 Lime	5g Coriander Seeds	400ml Water
75g Tamarind paste	5g Ginger	10g Chives
4 Garlic cloves	2 baby gem	25ml Rapeseed oil
1 red chilli	50g Cashews	
5ml sesame Oil	40g Spring onions	

METHOD:

1. Roast cashew nuts on a baking tray until golden, roughly chop, set aside
2. Finely chop chives. Roughly chop half the coriander, pick the rest
3. Cook the basmati rice as per products instructions
4. Chill down the rice until cold and add the chopped chives

For the sauce:

1. Peel and finely grate the garlic and ginger. Deseed and finely chop red chilli. zest the limes. Add all into a bowl with the tamarind paste, honey, soya sauce and 200ml warm water. Mix until the paste has dissolved.

Salad:

1. Preheat an oven to 200oC/ gas mk 5.
2. Wash and scrub well the beetroots, remove the roots and then cut into wedges and thick slices.
3. Add the beetroot wedges/slices to a roasting tray with 30 ml of the rapeseed oil, 5g salt, 4 g of pepper and the coriander seeds
4. Toss altogether and bake in the oven for 30- 40 mins or until tender. Drizzle 100ml of the tamarind sauce over the beets and allow to cool.
5. Wash the plums, cut in half and remove the stone, cut again if needed. For the gems, cut into 1/4 or into 8's, use the outer leaves as well, wash and spin.
6. In a pan heat 10ml of rapeseed/ 15g sesame seed oil on a medium heat, add the gems, cook for 2 mins until well coloured and slightly tender, remove. In the same pan add the plums, cook for a 1-2 minutes, until the plums soften, add the baby gems back, then pour in 200ml of the tamarind sauce, toss the plum and lettuce together in the sauce until coated and a little reduced, remove from the heat and squeeze over the lime juice and add the chopped coriander, allow to cool.
7. To serve, spoon on the chive rice spread. Place the roasted beets on the top, then place over the sticky plum, lettuce and tomatoes, sprinkle over the corinader leaves. Finish with the toasted cashews and spring onion.