

**IMPORTANT -
THIS RECIPE
CONTAINS
NUTS !**



Cook Your Own

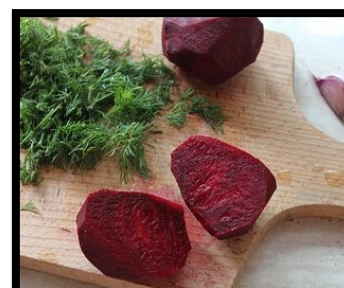
Roast Beetroot & walnut salad with goat's cheese

Ingredients

- 2 x 250g pack of cooked beetroot cut into wedges
- 3 tbsp olive oil / 1 lemon
- 2 tbsp balsamic vinegar
- 1 bag Watercress, Rocket & Spinach salad, approx. 100g (140g)
- 50g walnut pieces, toasted (optional)
- 2 x 100g packs Goat's cheese, halved
- 1 Carrot peeled & grated (optional)

Method

1. Preheat the oven to 200°C, gas mark 6.
2. Place the beetroot on a baking tray and toss in 1 tbsp each oil and vinegar, season and roast for 15 – 20 minutes until heated through.
3. Whisk the lemon juice with the remaining oil, vinegar and season. Toss the Watercress, Rocket and Spinach salad with the beetroot, grated carrot and walnuts in the dressing.
4. Place the cheese, cut side up under a preheated grill for 3-4 minutes until golden and place on top of the salad to serve.
5. Simple, Nutritious and Delicious



Always ask for an adult's permission before cooking in the kitchen.