

Beetroot, Feta & Balsamic Salad Serves 2

Balsamic Dressing

2 T Olive oil (or oil of choice)
2 T Balsamic vinegar
1 clove Garlic crushed
1 t Honey
1 t Grainy mustard
Salt and black pepper to season



Method

Whisk all the ingredients together until all ingredients combine and turn glossy.

Tip: Alternatively, you can use store bought Light Balsamic Salad dressing or make dressing using freshly squeezed lemon juice instead of balsamic vinegar

Salad

½ can (450g) Tinned beetroot, diced
50 g Feta cheese (diced small)
½ Capsicum (Thinly sliced)
1 handful Rocket or spinach leaves (washed)
2 T Sunflower seeds
Parsley to garnish

Method

Drain the beetroot in a colander. Place diced beetroot, feta, sliced capsicum, sunflower seeds and rocket leaves in a medium sized bowl. Pour balsamic dressing over the salad and toss lightly.

Garnish with finely chopped parsley and refrigerate until use.

Tip: You can use freshly cooked diced beetroot instead of tinned to produce a brighter looking salad.

To prepare beetroot for cooking, wash, remove ends and quarter beetroot. Place beetroot in a saucepan with sufficient water to cover. Cover and simmer until tender.