Lunch

Roasted Beetroot and Goat's Cheese Salad

Sweet beetroot quarters are roasted until tender, then arranged on a bed of peppery rocket with crumbled goat's cheese and crunchy walnuts. A squeeze of lemon and a grind of black pepper finish it off.



Vegetarian | Gluten free

40 min	219	9.7 g	8.9 g
time	calories	carbs	sugars

Ingredients, 2 servings

- [ ] 3–4 raw beetroots depending on size (approx 250g)
- [ ] 2 tsp olive oil
- [ ] 60 g bag rocket
- [ ] 50 g goat's cheese
- [ ] 1 heaped tbsp walnuts
- [ ] juice half lemon
- [ ] freshly ground black pepper

Method

- [ ] 1 Heat the oven to 200ºC/gas 6.
- [ ] 2 Rinse the 3 to 4 raw beetroots (around 250g, depending on size), trim off the tops and tails and cut each one into quarters, leaving the skins on.
- [ ] 3 Coat the beetroot quarters in the olive oil, spread them across a baking tray and roast for 25 minutes.
- [ ] 4 Once the beetroot has cooled, slip off the skins, cut the flesh into chunks and keep to one side.
- [ ] 5 Cover a large platter with the rocket leaves.
- [ ] 6 Settle the beetroot chunks over the rocket, crumble the goat's cheese evenly across the top and scatter the walnuts over everything.
- [ ] 7 Just before serving, drizzle the lemon juice over the salad and finish with a grinding of black pepper. The earlier stages can all be done ahead of time.

Nutrition Facts

Per serving

Calories	**219**
Total fat	14.8 g
Saturated fat	5.5 g
Sodium	Not listed
Total carbs	9.7 g
Fiber	4 g
Total sugars	8.9 g
Protein	9.7 g

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