

Beetroot, feta & watercress salad



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Serves: 4

Preparation: 20 minutes

Cooking: 55 minutes

4 large (about 180g each)
beetroot, washed
1/3 cup olive oil
100g walnuts, roughly chopped
2 tbs lemon juice
1/2 tsp caster sugar

salt and ground black pepper
1 bunch watercress, trimmed and
cut into small sprigs
250g feta, crumbled
crusty bread, to serve

1. Trim beetroot stems to about 3cm from tops of beets. Place beets into a medium saucepan and cover with cold water. Bring to the boil over high heat. Reduce heat to medium, partially cover and cook for 40 minutes or until just tender. Drain and set aside to cool. Wearing rubber gloves, remove skin from beets by rubbing gently. Slice beets into wedges.
2. Heat 1 tbs oil in a frying pan over medium-high heat. Add walnuts and cook, tossing occasionally, for 1–2 minutes or until golden. Remove to a plate.
3. Combine remaining oil, lemon juice, sugar and salt and pepper to taste in a screw-top jar. Shake well to combine.
4. Arrange watercress, beetroot, feta and walnuts on serving plates. Drizzle with lemon dressing and season with salt and pepper. Serve with crusty bread.



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