

Garlic roast beet, red onion & haloumi salad



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Preparation: about 15 minutes

Cooking: about 50 minutes

Serves: 4

6 medium beetroot, trimmed and gently scrubbed
1 large garlic bulb, halved crossways
2 red onions, cut into wedges
1/3 cup olive oil
2 tbs balsamic vinegar
1/3 cup fresh herbs (like flat-leaf parsley, chives and dill), chopped
Salt and ground black pepper
250g haloumi cheese, thickly sliced
1 small bunch rocket, trimmed, to serve
Crusty bread, to serve

1. Preheat oven to 200°C. Place beetroot in a medium heatproof dish. Sprinkle with water. Cover and microwave on high for 10–12 minutes until softening. Stand for 5 minutes. Carefully uncover and halve beets.
2. Place beetroot, garlic, onions, 1/4 cup oil, vinegar and herbs into a roasting pan. Season with salt and pepper to taste. Toss gently to combine. Roast, turning occasionally, for 30 minutes or until tender.
3. Heat remaining oil in a non-stick frying pan over medium-high heat until hot. Add haloumi and cook until golden on each side.
4. Using tongs, squeeze garlic from the bulb. Arrange rocket, garlic and vegetables on serving plates or a serving platter. Top with haloumi and serve with crusty bread.



Beetroot

- An excellent source of folate, the B vitamin that is especially important during the early stages of pregnancy. One medium beetroot provides about half the recommended dietary intake of folate.
- A source of antioxidants from the cyanin and xanthin families, thought to be beneficial for the body's defence against infections.
- A good source of dietary fibre, needed for a healthy digestive system.

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