

# Beetroot, spinach & goat's cheese salad



## Beetroot, spinach & goat's cheese salad

**Preparation:** about 20 minutes

**Cooking:** about 55 minutes

**Serves:** 4

*If preferred, use feta instead of goat's cheese.*

4 large (about 180g each) beetroot, washed

$\frac{1}{3}$  cup olive oil

$\frac{1}{3}$  cup walnuts, roughly chopped

2 tbs balsamic vinegar

$\frac{1}{2}$  tsp caster sugar

Salt and ground black pepper

75g baby salad leaves

150g soft goat cheese, crumbled

1. Trim beetroot stems, leaving 5-6cm stem attached to each beet. Place into a medium saucepan and cover with cold water. Bring to the boil over medium-high heat. Reduce heat to medium, partially cover and cook for 45-50 minutes until just tender. Drain and set aside to cool. Wearing rubber gloves, peel beets and cut into wedges. Set aside.
2. Heat 1 tbs oil in a small frying pan over medium heat. Add walnuts and cook, tossing often, for 2 minutes until golden. Transfer to a plate.
3. To make dressing, combine remaining  $\frac{1}{4}$  cup olive oil, balsamic vinegar, sugar and salt and pepper in a screw-top jar. Shake well to combine.
4. Arrange beetroot, salad leaves, goat's cheese and walnuts on a serving platter or plates. Drizzle with dressing and serve.



### 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.

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