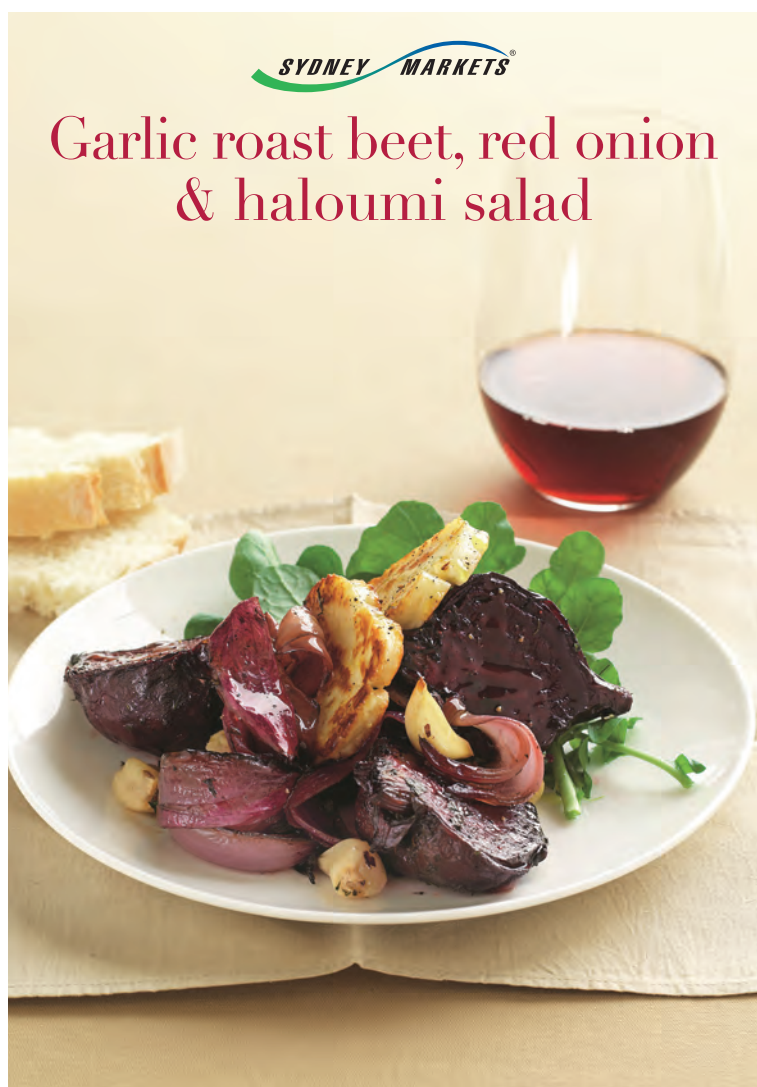


# Garlic roast beet, red onion & haloumi salad



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Preparation 25 mins | Cooking 50 mins | Serves 4

6 medium beets, trimmed and gently scrubbed  
1 large bulb garlic, halved crossways  
2 red onions, cut into wedges  
¼ cup olive oil  
2 tbs balsamic vinegar  
⅓ cup fresh herbs (like parsley and dill), chopped  
250g haloumi cheese, well drained and thickly sliced  
1 small bunch rocket, trimmed, to serve  
Extra virgin olive oil and crusty bread, to serve

**STEP 1** Preheat oven to 200°C/180°C fan-forced. Place beets into a medium heatproof dish. Sprinkle with 2 tbs water. Cover and microwave on high for 10-12 minutes or until beginning to soften. Stand for 5 minutes. Carefully uncover and halve beets.

**STEP 2** Place beets, garlic, onions, olive oil, vinegar and herbs into a roasting pan. Season with salt and pepper to taste. Toss gently to combine. Roast, turning occasionally, for 25-30 minutes or until tender.

**STEP 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. Drain on paper towel.

**STEP 4** Squeeze garlic from the bulb. Arrange rocket, garlic and vegetables on serving plates or a serving platter. Top with haloumi, drizzle with extra virgin olive oil and serve with crusty bread.

## Good for you... **BETROOT**

*A good source of folate, a B vitamin that contributes to normal growth and development in children as well as the formation of blood cells. One medium beetroot provides about half an average adult's recommended dietary intake of folate. The purple pigments in beetroot, known as anthocyanins may act as antioxidants.*

