THE LIGHTER PLATE METHOD

Beetroot, Feta & Dill Toast

Sweet-earthy beetroot mashed onto toast with salty feta and a scatter of seeds.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
8 min	**0 min**	**8 min**	**2**	**EASY**

Ingredients

- 200 g cooked beetroot (vacuum-packed, not in vinegar)
- 80 g feta
- 4 slices wholemeal bread
- 1 small handful fresh dill
- 0.5 lemon
- 20 g pumpkin seeds

Method

1. Toast the bread.
2. Roughly mash the beetroot in a bowl with a squeeze of lemon and plenty of black pepper.
3. Spread the beetroot over the toast.
4. Crumble the feta on top, scatter with dill and pumpkin seeds and finish with a little more lemon.

Tips & swaps

- Toast the pumpkin seeds in a dry pan for 2 minutes first if you have the time; they go nutty and stop the topping feeling soft all the way through.

Storage & reheating

Best assembled fresh; mashed beetroot keeps 2 days in the fridge.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
260	**11g**	**30g**	**11g**	**5g**

Estimated values, for guidance only. Contains: Milk, Gluten.