THE LIGHTER PLATE METHOD

Warm Roasted Beetroot and Walnut Salad

Not another boring salad — roasting the beetroot brings out a real sweetness against the tangy cheese.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**25 min**	**35 min**	**2**	**EASY**

Ingredients

- 3 medium raw beetroot (peeled and cut into wedges)
- 1 tbsp olive oil
- 80 g rocket
- 60 g goat's cheese (crumbled)
- 30 g walnuts (roughly chopped)
- 1 tbsp balsamic vinegar

Method

1. Preheat the oven to 200°C (fan 180°C).
2. Toss the beetroot wedges in olive oil and a pinch of salt, then roast for 25 minutes until tender.
3. Arrange the rocket on plates, top with the warm beetroot, crumbled goat's cheese and walnuts.
4. Drizzle with balsamic vinegar and serve immediately.

Storage & reheating

Best eaten fresh. Roasted beetroot alone keeps for 3 days and can be reheated or added cold to other salads.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
310	**10g**	**18g**	**22g**	**6g**

Estimated values, for guidance only. Contains: Milk, Tree nuts (walnuts).