

ROASTED BEETROOT, FETA AND ROCKET SALAD



Preparation time: 10 minutes

Cooking Time: 45 minutes

Serves: 8

Ingredients

- 2 tablespoons olive oil
- 500g kumara, peeled and diced
- 200g rocket
- ½ cup coarsely chopped macadamia nuts
- 100g feta cheese, crumbled
- Dressing:
 - 1 ½ tablespoons macadamia nut oil or rice bran oil
 - 1 ½ tablespoons lite olive oil
 - 2 tablespoons lemon juice

Nutritional Information:

Kilojoules 980 kJ
Calories 235 cal
Protein 7 g
Total fat 16 g
Carbohydrate 16 g
Sodium 180 mg
Potassium 450 mg
Calcium 110 mg
Iron 1.37 mg
Fibre 3.5 g

Method

1. Remove stem and leaves from beetroot and quarter unpeeled beetroots. Toss beetroot in half the oil and place on a lined baking tray in a moderately hot oven, 190°C, for 15 mins
2. Toss kumara in remaining oil, place on a baking tray with beetroot and continue to bake for a further 30 minutes or until vegetables are tender. When beetroot is cool enough to handle, peel.
3. Toss rocket, beetroot, kumara, macadamia nuts and feta together in a large bowl. Combine dressing ingredients and gently fold through the salad.

Tips

Add any other vegetables of your choice, baby spinach leaves or even fresh or roasted capsicum would make a great addition.

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