



Waste
Not

Roast Beetroot & Apple Salad

WAYS & WELL

Roast Beetroot & Apple Salad

SERVES 5



Energy 1714 kJ 410 Kcal 21%	Fat 29g 41%	Saturates 3.2g 16%	Sugar 26g 29%	Salt 1.5g 25%
--------------------------------------	-------------------	--------------------------	---------------------	---------------------

Per average serving

Of an adult's Reference Intake (84000KJ / 2000Kcal)
Typical values per 100g: Energy 724KJ/173KCal

INGREDIENTS:

1.3kg Beetroot Mixed
350g Apple Mixed Pack
1 Lemons
4g Rosemary
3 Garlic cloves
10g Flat Leaf Parsley
75ml Water

15g Rocket
25g Watercress
40ml Sherry Vinegar
125ml Olive Oil
5g Cumin Seeds
5g Fennel Seeds
100g Whole Almonds

Cracked Black Pepper
Cooking Salt
100 ml Rose Harissa Paste
50 ml Maple Syrup

METHOD:

1. Preheat an oven to 190°C / gas mark 5. Roast the almonds until golden, keep back 25g for garnish, soak the rest for at least 3 hours or overnight, then drain.
2. Put the drained almonds into a blender with 150ml olive oil, 1 lemon zest and juice, 50ml sherry vinegar, garlic and 3g salt. Blitz until creamy, you may need to add a little water.

For The Salad:

1. Wash and scrub well the beetroot, remove the roots and then cut into wedges.
2. Add the beetroot wedges to a roasting tray with 50ml of the olive oil, 5g salt and 4g of pepper. Half zest and juice of 1 lemon, rosemary and all the seeds.
3. Toss altogether and bake in the oven for 30- 40 minutes or until tender and allow to cool. Chop roughly the parsley and mix into the beetroot.
4. Wash, core and cut the apples into wedges. Season with the lemon zest and juice, maple and olive oil. Toss together, place on a baking tray and bake for 10 minutes until caramelised and still firm. Allow to cool. Mix in the chopped parsley.
5. On a serving plate, spoon on the almond dressing and spread. Place the roasted beets on the top, then add the roasted apple, top with the watercress and rocket. Dress the salad with the rose harissa paste and finish with the toasted almonds.



© 2021 Restaurant Associates Group UK