

Zesty Beetroot and Orange Salad

Serves: 8

Prep time: 15 minutes

Cook time: 10 minutes



1 serve per portion

Ingredients

2 bunches baby beetroot, unpeeled, tops trimmed
4 tablespoons extra virgin olive oil
2 tablespoons apple cider vinegar
1 tablespoon seeded mustard
1 tablespoon honey
Freshly ground black pepper
100g natural yoghurt, reduced fat
100g ricotta, reduced fat
200g Danish feta, crumbled
2 teaspoons lemon zest
2 tablespoons lemon juice
2 oranges, peeled, thinly sliced
1 cup mint or parsley leaves to garnish
2 tablespoons toasted pepita seeds (optional)

Method

PLACE beetroot into microwave safe bowl and cover with a tight seal. Microwave on high for 8 minutes until just tender. Stand until cool to touch, still covered. Peel off skin and cut in quarters and place in a large bowl.

ADD oil, vinegar, mustard and honey to a small jar with a lid. Shake well to combine. Season with freshly ground black pepper and pour over beetroot. Gently toss to coat.

BLEND yoghurt, ricotta, lemon zest, juice and half the feta in a blender until smooth.

SPREAD yoghurt mixture onto the base of a large serving platter.

ARRANGE beetroot and orange on top of the yoghurt layer, reserving juices for serving.

SPRINKLE mint, parsley, remaining feta and pepita seeds over the top before pouring reserved juices back over the dish to serve.



Everyday Food

Recipe courtesy of the Country Kitchens team