






Cooking Made Easy

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Too Tasty Beetroot and Lentil Salad

Not only will beetroot keep your eyes busy with its fuchsia tones, this sweet little root veggie is so wonderfully versatile. When mixed with goat's cheese, for that melt-in-your mouth tang, and walnuts, for a smooth but crunchy sensation, you have yourself a tasty, tasty, summer salad. Enjoy!

 35 min

 veggie

 gluten free



Beetroot



New Potatoes



Red Onion



Organic Lentils



Rocket



Balsamic Vinegar




Goat's Cheese




Walnut Pieces

Ingredients

	2P	4P
Beetroot	2	4
New Potatoes, quartered	2 cups	4 cups
Red Onion, chopped	1	2
Organic Lentils	1 tin	2 tins
Rocket	1 bag	2 bags
Balsamic Vinegar 1	1 tbsp	2 tbsp
Goat's Cheese 2	1 roll	2 rolls
Walnut Pieces 3	2 tbsp	4 tbsp

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Sulphites | **2)** Milk

3) Nut

Nutrition per serving: Calories: 663 kcal | Protein: 35 g | Carbs: 73 g | Fat: 24 g | Saturated Fat: 13 g



1 Pre-heat your oven to 200 degrees.

6 Crumble the goat's cheese and add to the salad.

2 Peel the beetroot and cut it into roughly 2cm cubes. Quarter the potatoes. Peel the onion and slice in half, roughly chop each half into 1cm cubes.

7 Serve in bowls. Scatter over the walnuts and enjoy!



3 On a baking tray, mix the beetroot, potatoes and onions together with 1 tbsp of olive oil, ¼ tsp of salt and a few good grinds of pepper. Place them on the top shelf of the oven for 20-25 mins.

Tip: Toss the vegetables after 10 mins to get an even brown colour over the potatoes.



4 Drain your lentils and add them to the baking tray (with the beetroot, potatoes and onions) for the final 5 mins of cooking.

5 Remove the vegetables from the oven. Allow them to cool for 5 mins before tossing in the rocket and balsamic vinegar.



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