



Beetroot, Greek Style Cheese & Walnut Side Salad with Honey-Balsamic Dressing and Rocket

Special Sides 5-10 Minutes • 1 of your 5 a day • Veggie

5A

Find all your unchilled Market items in bag A.



Cooked Beetroot



Honey



Balsamic Vinegar



Wild Rocket



Greek Style Salad Cheese



Walnuts

Pantry Items
Olive Oil

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Bowl.

Ingredients

Ingredients	Quantity
Cooked Beetroot	250g
Honey	15g
Balsamic Vinegar 14)	12ml
Wild Rocket**	40g
Greek Style Salad Cheese** 7)	50g
Walnuts 2)	20g

Pantry	Quantity
Olive Oil for the Dressing*	1 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	1095 /262	554 /132
Fat (g)	15.6	7.9
Sat. Fat (g)	4.7	2.4
Carbohydrate (g)	21.2	10.7
Sugars (g)	19.7	10.0
Protein (g)	8.2	4.2
Salt (g)	0.58	0.29

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

2) Nuts **7)** Milk **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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1



Bring on the Beets

a) Cut the **beetroot** into 2cm chunks. **TIP:** Wear gloves when handling the beetroot to avoid staining your hands.

2



Make the Honey-Balsamic Dressing

a) In a large bowl, combine the **honey**, **balsamic vinegar** and **olive oil for the dressing** (see pantry for amount). **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

b) Add the **beetroot** and **rocket** to the **dressing**, then toss to coat.

3



Finish and Serve

a) Crumble **half** the **Greek style salad cheese** into the bowl, then add **half** the **walnuts**.

b) Stir gently to combine.

c) Transfer the **salad** to a serving bowl. Crumble over the remaining **Greek style salad cheese** and sprinkle over the remaining **walnuts** to finish.

Enjoy!