



Warm Winter Salad with Beetroot & Goats Cheese

Serves: 2

Preparation time: 10 minutes

Cooking time: 25 minutes

- 3 fresh beetroot (200g)
- 200g Cavolo Nero, shredded
- 1 orange
- 2 tbsp walnut oil
- 1 tbsp balsamic vinegar
- 1 tbsp honey
- 100g soft goat's cheese, e.g. Sussex Slipcote

Method:

Boil the beetroot for 20–25 minutes until tender. Cool, peel and cut into wedges.

Meanwhile, boil the Cavolo Nero for 6–8 minutes and drain.

Segment the orange reserving the excess juice. Whisk this juice with the oil, vinegar, honey and seasoning. Toss the Cavolo Nero, beetroot, orange segments and dressing together.

Crumble the goat's cheese on top of the salad and serve immediately.

Tip: To save time, use pickled beetroot. Serve sprinkled with toasted walnut pieces.

Nutritional information:

- 370cals
- 14g protein
- 24g fat (of which 10g saturated)
- 25g carbohydrate (of which 22g sugar)
- 5g fibre
- 0.9g salt