



the scoop on nutrition

Roasted Caraway and Beetroot Salad

A twist on traditional beetroot and feta salad suitable for dairy-free or vegan

Serves 8

Ingredients

3 large beetroots
100g rocket
1 bunch mint, chopped
1 medium red onion, thinly sliced
1 tbs caraway seeds
½ cup (100g) cashews
1 litre water
2 tbs tahini
1 lemon juiced
Sea salt

Method

1. Boil the beetroot with the skin in water until tender.
2. Allow to cool and with gloves on peel off the skin.
3. Grate the beetroot on a large grater.
4. Place the cashews in a saucepan with the 1 litre of water and allow to boil until soft.
5. Reduce the liquid by half and then blend.
6. Add tahini, lemon juice and salt to taste (pinch).
7. Heat caraway seeds in a dry fry pan and allow to roast for a couple of minutes. When they make popping noises remove from heat.
8. Mix the cashew blend and seeds through the beetroot.
9. Toss with the chopped mint and rocket.
10. Season with salt and pepper.

Nutrition Information

	Per serve	Per 100g
Energy	653kJ	421kJ
Protein	5.5g	3.5g
Carbohydrate	12g	7.7g
Total fat	8.5g	5.3g
Saturated fat	1.5g	0.8g