



Beetroot, Feta & Walnut Salad

Dairy works well with any vegetable and gives a good boost to the overall nutrient content of the meal.



INGREDIENTS

Serves 6-8 people | Portion size 120 g

For the salad:

450 g (5 medium size) cooked and cubed beetroot - you can use pre-cooked one's bought from a store
100 g Danish-style feta cheese
3 big handfuls (about 80 g) fresh rocket
3 tbsp (54 g) walnuts - chopped (pecan nut is a great substitute)

Lemon vinaigrette:

125 ml (1/2 cup) olive oil
50 ml juice of one medium sized lemon
zest of one lemon
2 heaped tbsp (130 g) honey
1 tbsp (12 g) Dijon mustard (optional)
salt and ground black pepper to taste



METHOD

1. In a small jug or jar, whisk (or shake by popping the lid on the jar) all the ingredients for the lemon vinaigrette together.
2. Put the rocket in a salad bowl or on a serving platter. Pour some vinaigrette over it then add the cubed beetroot and feta cheese.
3. Add some more lemon vinaigrette before sprinkling some chopped walnuts over the top.
4. If you have leftover salad dressing you can keep in an airtight container (or a jar) in the fridge for up to 4 days.

Nutrition Facts

Serving size: 120 g

Energy (kJ)	1215
Protein (g)	2.3
Total Carbohydrates (g)	18.7
Fat (g)	21.2
Fibre	2.2
Calcium (mg)	66



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