

Beetroot & Walnut Salad

Salade Betterave-Noix

10 min

Easy

260 kcal per serving

Lunch

Snack

Vegetarian

Gluten-Free

Quick



Ingredients

FOR ONE SERVING

Cooked beetroot (<i>Betterave cuite</i>)	200 g
Walnuts (<i>Noix</i>)	40 g
Goat cheese (<i>Chèvre</i>)	50 g
Rocket leaves (<i>Roquette</i>)	60 g
Balsamic glaze (<i>Crème de balsamique</i>)	1 tbsp

Nutrition facts

PER SERVING

Calories	260
Protein	8 g
Carbohydrates	22 g
Fat	16 g
Fiber	5 g

Preparation

- 1 Slice the cooked beetroot into bite sized wedges or cubes.
- 2 Roughly chop the walnuts.
- 3 Place the rocket leaves in a bowl or on a serving plate.
- 4 Add the beetroot on top, then scatter over the walnuts.
- 5 Crumble the goat cheese over the salad.
- 6 Drizzle with the balsamic glaze and season with a little salt and pepper if you like.
- 7 Toss gently just before serving, or leave it layered for a neat presentation.

GOOD TO KNOW

Toast the walnuts in a dry pan for 2 to 3 minutes if you want extra crunch.