



Just Recipes.

Roasted Beet, Mint and Feta Salad

Ingredients

Serves 4

6		medium beetroot, peeled
2 tbsp	[30 ml]	extra-virgin olive oil
		freshly ground black pepper
		coarse sea salt
¼ cup	[60 ml]	balsamic vinegar
2 tbsp	[30 ml]	wholegrain mustard
1 cup	[250 ml]	shredded fresh mint
5 oz	[150 g]	baby salad leaves
6½ oz	[200 g]	feta cheese, crumbled
1 tbsp	[15 ml]	extra-virgin olive oil



Method

Preheat the oven to 375°F [190°C]. On a large baking sheet, set a large sheet of aluminum foil and place the beets over one half of the aluminum sheet. Drizzle with 2 tbsp olive oil and sprinkle with freshly ground black pepper and coarse sea salt. Fold the aluminum sheet in half and fold the three open edges to enclose the beets “en papillote”. Roast the beets for 45 minutes, or until tender when pierced with a pointy knife. Let the beets rest for 5 minutes, then cut each beet in quarters. In a large bowl, toss the beets with the balsamic vinegar and wholegrain mustard and set aside to cool completely.

To make the salad, place the mint, salad leaves, crumbled feta and olive oil in a bowl and toss to combine. To serve, divide the salad on serving plates, and top with the marinated beets. Drizzle with a bit of the balsamic vinegar-mustard mixture. Serve with grilled bread slices.

Recipe Credit: Adapted from Donna Hay, Flavours.

Photo Credit: Marie Asselin

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