



Brookdale
HEALTH HYDRO



EF GF VT

- 2 cups beetroot, halved & sliced
- 2 tsp Dukkah Spice [H&H Foods – pg 150]
- 1 Tbsp olive oil
- 80g rocket
- 300g green beans, blanched [pg 180]
- ¼ cup Danish feta, cubed
- GARNISH**
- ¼ cup roasted edamame beans
- sprouts
- DRESSING**
- Tamari Balsamic Dressing [pg 161]

ROAST BEETROOT & GREEN BEAN SALAD

SERVES 4-6

Pre-heat oven to 180°C.

Rub beetroot with Dukkah Spice and olive oil.

Spread on a roasting tray and roast for 20–25 minutes or until soft.

Allow to cool.

Arrange rocket on a platter, top with green beans, beetroot and feta.

Garnish with edamame beans and sprouts.

Drizzle with dressing when ready to serve.

This recipe is from Brookdale's Heavenly and Healthy Balance cookbook, which is available for purchase at Brookdale Health Hydro or online at www.brookdale.co.za