

## Beetroot, Orange and Baby Sprout Salad

### Ingredients:

60ml olive oil	Salt and freshly ground black pepper, to taste
12 small beetroot, parboiled and chopped	1 orange, segmented
40ml honey	100g feta, cut into cubes
30ml fresh thyme	300ml baby mixed sprouts
10ml fresh ginger	100g almond flakes, toasted



### Method:

1. Heat the oil in a large frying pan for a few minutes.
2. Add the chopped beetroot, honey, thyme, ginger and seasonings.
3. Cook until the beetroot is slightly caramelised (about 15 minutes).
4. Set aside to cool.
5. When the beetroot is cool, add the orange segments, feta, baby sprouts and almonds.
6. Do not toss the salad too much because it will start to break up. Serve immediately.

Yield: ± 4 full servings

Prep time: 45-55 minutes