



Roast beetroot, pink grapefruit and feta cheese salad

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Serves 4 | Prepare 15 minutes | Cook 40 minutes

Ingredients

For the dressing

60ml balsamic vinegar
30ml maple syrup
1 tsp Dijon mustard
120ml extra-virgin olive oil
Salt to taste

For the salad

4 large beetroots
2 tbsp sherry vinegar
2 tbsp maple syrup
2 pink grapefruit
300g feta cheese
2 whole baby gem leaf lettuce
2 candied beetroot (to be used as a garnish)

- 1 Preheat oven to 180C / 160C fan / gas 4
- 2 Place the beetroot, maple syrup, sherry vinegar, and 4 tbsp of water in a roasting tray, cover with foil and roast until the beetroot is tender; this takes approximately 1 – 1½ hours.
- 3 While still warm peel the beetroot with a small knife and cut into wedges.
- 4 Peel and segment the pink grapefruit.
- 5 Crumble the feta cheese.
- 6 Wash the baby gem lettuce.
- 7 Peel the candied beetroot and then, using the peeler, slice into thin beetroot disks.
- 8 To make the dressing, combine all the dressing ingredients in a glass jar, shake, taste and add a pinch of salt if needed. This can be done while the beetroot is cooking.
- 9 Assemble the dish and drizzle dressing over the finished dish.

Recipe by James Curtis, Head Chef, RHS Garden Hyde Hall.

