

RADICCHIO, BABY ROCKET, BEETROOT AND PEAR SALAD

Serves 6

V GF

Salad:

3 medium beetroot, stalks and leaves removed
1 tbsp extra virgin olive oil
1 radicchio lettuce
(substitute with red oak or mignonette lettuce if unavailable)
100g baby rocket leaves
2 pears
1/2 cup (60ml) lemon and thyme dressing (see below)
1/2 cup (50g) walnuts
parmesan, shaved, to serve

Dressing:

1 tsp dijon mustard
1 tsp honey
1/4 cup (60ml) lemon juice
1/2 cup (125ml) extra virgin olive oil
1 tbsp thyme leaves
1 tbsp caramelised balsamic, or balsamic vinegar
freshly ground black pepper, to taste.



1. Preheat the oven to 180 deg C (160 deg C fan forced) and line a baking tray with non-stick baking paper.
2. Wash and dry the beetroots. Leaving the skin on, cut into quarters, or into six depending on the size.
3. Place onto the prepared baking tray, drizzle with the oil and bake for 30 minutes, turning halfway through the cooking.
4. Cool to room temperature.
5. Make the dressing by combining all ingredients in a screw top jar and shake to mix thoroughly.
6. Wash and dry the radicchio and rocket leaves. Leaving the skin on, cut the pears in half, remove the core, then cut into fine slices.
7. Combine the leaves and pear slices in a large bowl with half the dressing, and toss to coat. Serve topped with the beetroot, walnuts and parmesan, drizzled with the remaining dressing.
8. Serve immediately.