Roasted Beetroot & Goat's Cheese Salad

Hands-on 10 minutes Overall 55 minutes

Nutritional values (per serving, side): Total carbs: 8.9 g, Fiber: 2.6 g, **Net carbs: 6.2 g**,

Protein: 10.1 g, Fat: 24.4 g, Calories: 285 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app

Ingredients (makes 6 sides or 3 mains)

Salad:

3 fresh whole beetroots (250 g/ 8.8 oz)

1 cup chopped walnuts (120 g/ 4.2 oz)

200 g soft goat's cheese (7.1 oz)

1 pack arugula (rocket) (50 g/ 1.8 oz)

Balsamic vinaigrette:

4 tbsp balsamic vinegar (60 ml/ 2 fl oz)

2 tbsp extra virgin olive oil (30 ml)

1 tsp confectioner's Swerve *or* Erythritol

1 tsp Dijon mustard

pinch of salt

Instructions

1. Preheat oven to 180 °C/ 355 °F (fan assisted), or 200 °C/ 400 °F (conventional).

2. Wash the beetroot and then wrap in aluminium foil and place on a baking tray and bake for approx. 45 minutes. The beetroot is done when a knife slides easily into the centre.

3. While the beetroot is roasting, place all of the dressing ingredients into a jar and shake until well combined.

4. Set all other ingredients out, ready to assemble. Remove beetroot from oven and let cool until you are able to handle them. While the beetroot is still warm (trust me on this one, you don't want to try it cold), use your fingers to slide the skins off. I wear food handling gloves when doing this to avoid purple stained fingers.

5. Cut the beetroot into wedges and place aside. Place the rocket in a serving bowl and toss some dressing through.

6. Place the beetroot wedges on top of the rocket and then sprinkle with walnuts. Finish off by placing torn pieces of goat's cheese around the dish and sprinkling with a touch more dressing.

7. Store the assembled, covered, in the refrigerator for up to 3 days. The individual components can be stored in the fridge for a week before using.

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