

# The Hungry Guest

## ROASTED MEREWORTH BEETROOT SALAD WITH APPLE, FENNEL, TOASTED WALNUTS & A BALSAMIC REDUCTION

PREP TIME 10 MINS

COOK TIME 1 HOUR

SERVES 2



60ml white wine vinegar

60ml balsamic vinegar

120ml walnut oil

4 small/medium Mereworth Beetroots,  
peeled & cubed ½ Mereworth Fennel bulb,  
thinly sliced

1 apple, cut into matchsticks

30g chopped, unsalted, toasted walnuts

30g crumbled Blue cheese

Salt and freshly ground black pepper

### TO TOAST THE WALNUTS:

- Add to a small sauté pan over medium-low heat
- Stir or toss occasionally until slightly coloured and fragrant
- Remove from heat and allow to cool

### TO ROAST THE BEETROOT:

- Preheat oven to 180°C
- Wash beetroot; then, while still wet, put into a baking dish lined with a large piece of foil.
- Toss beetroot with a generous pinch of salt and 60ml of the walnut oil.
- Fold foil to seal completely shut. Roast beets until soft (pierce through foil to check cooked through), approximately 45-50 minutes.
- Chill in the fridge until cold.

### TO MAKE THE BALSAMIC REDUCTION:

- In a small saucepan, add balsamic vinegar and set over medium-low heat.
- Allow the vinegar to heat and evaporate until thick and syrupy.
- Remove from heat and allow to cool

### TO ASSEMBLE THE SALAD:

- In a large salad bowl, add white wine vinegar, remaining 60ml walnut oil, cold beetroot, toasted walnuts, fennel, apple, and salt and pepper to taste. Toss well. Crumble blue cheese on top, and drizzle with balsamic vinegar reduction. Serve and enjoy.