

A top-down view of a light blue ceramic bowl filled with a fresh salad. The salad consists of vibrant green arugula leaves, dark red roasted beetroot cubes, and golden-brown glazed walnuts. Crumbled white goats cheese is scattered throughout. The bowl sits on a light brown woven placemat against a white marble background. To the right of the bowl, a silver knife and fork with light blue handles are laid out on the placemat. A semi-transparent white text box is overlaid at the bottom of the image.

**BALSAMIC GLAZED BEETROOT  
& GOATS CHEESE SALAD**

# BALSAMIC GLAZED BEETROOT & GOATS CHEESE SALAD



Serves: 4  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
168 kcal  
12g Fats  
7g Carbs  
7g Protein



## WHAT YOU NEED

- 5 oz. (150g) of rocket
- 7 oz. (200g) beets in mild vinegar
- 1/5 cup (50ml) balsamic glaze
- 1.5 oz. (40g) walnuts
- 3.5 oz. (100g) goats cheese

## WHAT YOU NEED TO DO

*Put the rocket in a bowl. Cut the beetroot into quarters and mix through the rocket. Drizzle with the balsamic dressing and sprinkle with walnuts. Mix well and serve.*