



# FETA & BEETROOT SALAD



**PREP TIME**  
15 MINUTES



**COOK TIME**  
0 MINUTES



**MAKES**  
2 PORTIONS

## INGREDIENTS

### You will need:

Knife  
Chopping board

### For the salad:

100g baby spinach leaves  
250g cooked beetroot  
200g feta cheese, crumbled  
Bunch of mint leaves,  
roughly chopped  
Bunch of spring onions,  
finely sliced  
2 long red chillies, halved,  
deseeded and finely sliced

### For the dressing:

2 tbsp rapeseed oil  
2 tbsp honey  
2 tbsp lemon juice  
2 tsp Dijon mustard

## METHOD

1. Scatter the spinach leaves onto a large platter. Slice the beetroot into wedges and arrange on top of the spinach. Scatter over the feta, mint, spring onions and chillies
2. To make the dressing, put the oil, honey, lemon juice and mustard in a glass jar with a lid. Season and shake well. When ready to serve, pour the dressing over the salad and toss lightly to combine

## SERVE

Plated with a garnish of your choice, oranges or pomegranate seeds are great with this too

## TOP TIP:

YOU COULD ADD NUTS AND SEEDS FOR EXTRA TEXTURE!

Adapted from:

[www.bbcgoodfood.com/recipes/feta-beetroot-salad](http://www.bbcgoodfood.com/recipes/feta-beetroot-salad)