

Beetroot Roasted with Orange Dressing

Serves: 6 serves at home

This dish uses the whole beetroot, from root to leaves. The tangy orange dressing sets off the sweet earthiness of the beetroot.

INGREDIENTS:

- 8-10 beetroot, with leaves
- 250ml extra virgin olive oil
- 3 sprigs thyme
- Salt
- Pepper
- 6 bay leaves
- Handful mint
- Handful parsley
- Handful chives
- 2 shallots
- 100ml olive oil
- 2 oranges
- Handful nasturtium flowers
- Handful calendula flowers

METHOD:

- Preheat oven to 220 C
- Trim the leaves off the beetroot bulb. Keep aside all good quality leaves and compost the rest.
- Wash and spin-dry the leaves, then roughly shred them.
- Wash the beetroot, keeping the skin on. Dry them and chop into small wedges or dice, approximately 2 cm across. Add to the large mixing bowl.
- Pick the leaves off the thyme sprigs and add to the beetroot, along with a pinch each of salt and pepper.
- Pour over the extra virgin olive oil and toss to coat the beetroot in oil and thyme.
- Lay the beetroot in the baking tray and place the bay leaves over the top.
- Cover the tray with foil and roast in the oven for 30 minutes, until soft (you can test this with a skewer).
- Pick the leaves off the mint and parsley. Wash and dry the chives, mint and parsley. Snip the chives up into small pieces with scissors.
- Peel the shallots and dice finely.
- Zest and juice the oranges
- For the dressing, mix 100ml olive oil with the shallots, orange juice and zest, herbs, and salt and pepper to taste
- Once cooked, pour the beetroot into a large mixing bowl, pour over the dressing, toss and allow to cool.
- Once the beetroot is at room temperature, toss through the herbs
- Serve with nasturtium and calendula garnishes