



# Beetroot and black rice salad

By Donna Hay

**20 minutes**

Preparation Time

**20 minutes**

Cooking Time

**4 serves**

Serves

## INGREDIENTS

### Beetroot and black rice salad

3 bunches baby beetroot, peeled and thickly sliced, small leaves reserved

½ cup (80 ml) extra virgin olive oil

Finely grated rind of 1 orange

1 tbsp tarragon leaves, chopped

Salt flakes and cracked black pepper, to taste

4 ½ cups (875 g) warm cooked black rice

50 g reserved baby beetroot leaves

½ cup (12 g) flat-leaf parsley leaves

1 avocado, peeled and chopped

200 g haloumi, shaved using a vegetable peeler

### Orange dressing

½ cup (80 ml) orange juice

2 tbsp pomegranate molasses

2 tbsp extra virgin olive oil

## **METHOD**

### **Beetroot and black rice salad**

1. Preheat the oven on Moisture Plus with Fan Plus at 200°C.
2. Place the sliced beetroot, oil, orange rind, tarragon, salt and pepper in a bowl and toss to combine. Place on a universal tray lined with non-stick baking paper and bake for 20 minutes or until golden.

### **Orange dressing**

1. Combine the orange juice, pomegranate molasses, oil, salt and pepper. Pour the orange dressing over the warm rice and gently mix.

### **To serve**

1. Divide the rice between bowls and top with beetroot leaves, parsley, avocado and haloumi.