

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.