

Beetroot & Feta Salad

A fresh salad made for a homegrown beetroot glut

DIFFICULTY Easy
COURSE Salad
CUISINE Australian



PREP
15 min



COOK
50 min



TOTAL
1 hr 5 min



SERVES
4



FREEZES WELL
No

01 Ingredients

- 4 medium beetroot, roasted and sliced
- 100g feta, crumbled
- 60g walnuts, toasted and roughly chopped
- 60g rocket
- 2 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 tsp honey
- Salt and pepper, to taste

02 Method

1. Preheat oven to 200C. Wrap beetroot in foil and roast for 45-60 minutes until a knife slides in easily.
2. Let cool slightly, then peel (skins should rub off easily) and slice into wedges.
3. Whisk together olive oil, balsamic vinegar, and honey for the dressing.
4. Arrange rocket on a platter, top with beetroot wedges, crumbled feta, and toasted walnuts.
5. Drizzle with dressing and season with salt and pepper just before serving.

04 Common mistakes

- **Skipping the foil** — unwrapped beetroot dries out and can burn before the inside is tender.
- **Peeling before roasting** — peel afterwards instead; the skins rub off easily once cooked and this avoids losing colour and flavour into the roasting tray.
- **Dressing too early** — the rocket wilts and feta softens if left sitting; dress just before serving.

03 Notes & substitutions

- Pecans or toasted pepitas both work well in place of walnuts.
- Swap feta for goat's cheese for a creamier, milder result.
- Add a handful of orange segments for a bright, sweet contrast.
- Vegetarian as written.

05 Storage & leftovers

FRIDGE	Undressed components separately, up to 3 days.
FREEZER	Not recommended - rocket and feta don't freeze well.
SERVING	Best assembled and dressed just before eating for fresh texture.