

Retreat Kitchen Logo

Beetroot, Rocket and Black olive salad

Ingredients

- 2 large fresh beets
- 2 Tbsp Maple Syrup
- 2 Tbsp Olive Oil
- 1 Tbsp Apple Cider vinegar
- 1 Cup Black pitted Olives halved
- Handful of Rocket
- Salt to taste

1. Leaving the beetroots whole just removing leaves, place on a baking tray and place in a pre-heated oven (210C) for 45 mins or until cooked.
You do not need to put any oil with the beets during cooking.
2. Once cooked, remove from oven and put them to one side until cool. Then remove the skin.
3. Thinly slice the beets using a mandolin or a potato peeler. The idea is to get the slices as thin as possible.
4. Place on a serving plate
5. Mix together the Maple Syrup, Apple Cider Vinegar, Oil in a small bowl or mug.
6. Add the rocket and pitted black olives to the serving plate with finely sliced beetroot then drizzle the marinade over add salt to taste and allow to stand for 10 – 15mins before serving.