Avocado, Beetroot and Feta Salad

Cooking time	15 mins
Preparation time	15 mins
Serves	4

A colourful, flavour-packed salad bursting with good-for-you ingredients. You can use pre-cooked beetroot, but if you'd prefer fresh, you'll find instructions below for quick-cooking beetroot in the microwave.

Ingredients

- 80ml (⅓ cup) freshly squeezed lemon juice
- 5ml (1 tsp) mild mustard
- 2 cloves fresh garlic, peeled and crushed
- 5ml (1 tsp) honey or white sugar
- 1 x Royco Black Pepper Sauce
- 125ml (½ cup) oil – olive, sunflower or canola
- salt, to taste
- 3 ripe avocados
- 1 large pack mixed lettuce leaves
- half a cucumber, sliced
- 3 cooked beetroot, cut into wedges (see Cook's tips, below)
- 1 red onion, peeled and thinly sliced
- 2 wheels feta cheese, crumbled
- chopped walnuts or pecan nuts to garnish (optional)
- fresh pomegranate seeds to garnish (optional)
- freshly ground black pepper

This is a vegetarian recipe.
Cook's tips:

- The quickest way to cook fresh beetroot is in the microwave. Place the whole beetroots in a microwave-safe dish, add about two tablespoons of water, and cover with clingfilm. Poke a few holes in the cling film to allow the steam to escape. Microwave on high for about 8–12 minutes, or until tender. Check for doneness by inserting a knife or skewer—if it slides in easily, they're done. Allow to cool, then peel and quarter them.
- Instead of nuts, you can use toasted sunflower seeds, pumpkin seeds or sesame

seeds.

Method

1. First make the dressing. In a small bowl, mix together the lemon juice, mustard, garlic and honey (or sugar). Add 3 Tbsp (45ml) of the powder from the sachet of Royco Pepper Sauce and whisk rapidly until the mixture is smooth and creamy. Then whisk in all the oil. Season to taste with salt and set aside.
2. Peel and slice the avocados, place the slices on a plate, and immediately sprinkle with some extra lemon juice to prevent them from browning.
3. Arrange the lettuce leaves in a salad bowl and add the cucumber, beetroot, red onion and feta cheese.
4. Pour over the dressing and toss gently to coat.
5. Top with the sliced avocado and garnish with chopped walnuts or pecans and fresh pomegranate seeds.
6. Finish with a generous grinding of black pepper and serve immediately.

Recipe Tags

Sauce, Dry Sauce, Salad, Light Meal, Side

Related Recipes

Creamy Chicken and Pasta Bake

Cooking time

30 mins

Preparation time

20 mins

Macaroni Cheese with Tomato

Cooking time

30 mins

Preparation time

10 mins



Lamb Tray Tagine

Cooking time

180 mins

Preparation time

20 mins

Fiesta Mince Bowl

Cooking time

40 mins

Preparation time

10 mins

Ham, Mushroom and Cheese Bake

Cooking time

25 mins

Preparation time

10 mins

Butternut Risotto with Rocket and Feta

Cooking time

25-30 mins

Preparation time

5 mins



Bolognaise

Cooking time

30 mins

Preparation time

10 mins

Chicken & Mushroom Phyllo Pie

Cooking time

20 mins

Preparation time

15 mins

Penne with a Mediterranean Touch

Cooking time

15 mins

Preparation time

15 mins

Lamb Ragu Lasagna

Cooking time

35 mins

Preparation time

20 mins

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