

Miele

Roasted beetroot salad with savoury granola

By Miele

1 hour

Preparation time

2 hours 35 minutes

Cooking time

4 serves

Serves



INGREDIENTS

1kg beetroot
3 tablespoons olive oil
1½ teaspoon salt flakes
Cracked pepper
2 oranges (reserve half an orange for dressing)
180g Persian fetta

Savoury granola

20g chia seeds
60ml water
70g pepitas (pumpkin seeds)
70g sunflower kernels
30g flaked almonds
50g quinoa flakes
10g sesame seeds
5g cumin seeds
10g honey
1½ teaspoon salt flakes
Cracked pepper

Dressing

1½ an orange
50ml olive oil
1 teaspoon honey
1 teaspoon balsamic vinegar

METHOD

Savoury granola

1. Combine the chia seeds and water in a small bowl and set aside for 10 minutes to form a 'chia egg'.
2. Combine all other ingredients in a bowl; add in the chia egg and mix well to combine. The mixture should be damp and just sticking together. Press mixture flat onto a baking paper lined glass tray.
3. Bake on Fan Plus at 85°C on shelf position 1 for 2 hours, or until crispy.
4. Change function to Fan Grill at 200°C and supervise grilling until granola has a nice golden colour, approximately 3-4 minutes.
5. Remove from oven to cool. Once cool, break up into pieces and set aside until required.

Beetroot salad

1. Peel and dice beetroot into 2cm pieces. Toss pieces with the oil, salt and pepper and spread evenly on a baking paper lined glass tray.
2. Cut an orange in half and add to the tray with the beetroot.
3. Place baking tray into the Speed Oven on shelf position 1. Set oven to: Auto Roast + 300W + 200°C + 30 minutes.
4. While beetroot is cooking, segment the other orange, using a sharp knife to remove the peel and pith. Reserve segments for the salad.
5. Remove beetroot from the oven when the programme has finished.

Dressing

1. Zest and juice the remaining orange half. Combine with the olive oil, honey and balsamic, stirring well. Take the roasted half orange and remove 3 tablespoons of the orange flesh, breaking it into small pieces as you go. Add to the dressing mixture.

To serve

1. Arrange roasted beetroot, fresh orange segments and Persian fetta onto a serving platter or bowl. Spoon over the dressing and sprinkle with chunks of the savoury granola. Serve warm or cold.

Hints and tips

- Savoury granola can be stored in an airtight container for up to 4 weeks.