

Warm Lentil Salad with Beets



A beautiful simple salad that can be served warm or cold and uses all parts of the beetroot.

Ingredients

1 bunch fresh beetroot, roughly 4-5 medium beets
1 tbsp red wine vinegar
1 red onion, cut into wedges
400 g no added salt canned lentils, drained and rinsed
1 cup beetroot leaves
1 cup baby spinach
100 g goats cheese
extra virgin olive oil for cooking

Method:

1. Preheat the oven to 190C.
2. Rinse and scrub beetroots, and place in a baking tray with $\frac{1}{2}$ cup of water and cover with foil and bake for 40-50 minutes until tender.

3. Peel beetroot when cool, and cut into wedges, season and add red wine vinegar and a drizzle of olive oil.
4. In a medium saucepan over high heat, add a drizzle of olive oil and red onion, cook for 2-3 minutes then add the lentils and 2 tablespoons of water. Add the beetroot leaves and spinach and cook until wilted. Remove from heat.
5. To assemble, place lentils and greens on a serving plate, scatter beetroot wedges and dressing all over, and top with crumbled goats cheese.