



The Health & Wellbeing Studio

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Feta, Beetroot, Spinach, Walnut Salad

Fantastic as a side dish or bulk it up with some protein to have as a main meal.

– Vegetarian friendly

– Gluten free

Preparations time: 15mins

Cooking time: 30mins

Serves: 4 people

Ingredients

Extra virgin olive oil

Balsamic vinegar

Cracked pepper & Sea salt

1/3 cup Walnuts

250g Baby Spinach leaves

4 Baby beets or small beets halved

1 clove of Garlic

Oregano

150g of Feta

Lemon juice (optional)

1 bunch of asparagus

Instructions:

- 1) Set the oven to 180C.
- 2) Lightly sauté walnuts in olive oil until golden.
- 3) Separate walnuts and drain on paper towels: set aside oil to use as a salad dressing.
- 4) Lightly rub baby beets with olive oil and crushed or grated garlic, wrap in foil and bake in the oven until can easily pierce with a knife, (alternatively steam).
- 5) Put asparagus spears in to a shallow amount of boiling water- simmer for a couple of minutes, take out straight away and place in cold water for ½ a minute [helps keep colour]. Cooking time depends in how crunchy you like the asparagus.
- 6) Put spinach leaves in to a salad bowl, loosely layer beets, asparagus spears and walnuts and lightly toss in dressing.
- 7) Put feta cheese on top and garnish with cracked pepper.

Dressing

- 1) Combine Olive oil (from sautéed walnuts), Balsamic vinegar, Cracked pepper and a little sea salt (to liking).

Alternatives: To increase protein content include – quinoa, smoked chicken, roast chicken, tuna or have as a side dish to a lean piece of meat.