



Beetroot salad with goat cheese



Ingredients

- 100 grams of cooked beets
- 1 EL balsamic vinegar
- 1 EL extra virgin olive oil
- 12.5 grams of walnuts
- 25 gram arugula
- 50 gram goat cheese
- salt and pepper as needed

Preparation

This delicious fresh beetroot salad is delicious all year round! Ideal as a side dish or a healthy tasty lunch

Tip: Use gloves when handling cooked beetroot. This will keep your hands clean!

1. Cook the beets about 20 minutes in water.
2. Let the beets cool and remove the outer layer (skin).
3. Cut the cooked beets into cubes or slices.
4. Mix the beets with the olive oil and balsamic vinegar in a salad bowl.
5. Season further with salt and pepper if necessary.
6. Coarsely chop the walnuts and sprinkle them over the beets.
7. Add the rocket.

Cut, curl or shave the goat cheese and garnish over the beet salad.
