**Mrs Lasts’ Group**

**Beetroot and Caramelised Walnut Salad**

**Season:** All year  
**Type:** Salad  
**Difficulty:** Medium  
**Makes:** 6 or 18 tastes  
**Recipe Source:** taste  
**From the Garden:** baby beetroot, rocket, mixed lettuce

<table>
<thead>
<tr>
<th>Equipment</th>
<th>Ingredients</th>
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<tbody>
<tr>
<td>Baking trays</td>
<td>12 baby beetroot, trimmed</td>
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<tr>
<td>Wire rack</td>
<td>Olive oil, to grease</td>
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<tr>
<td>Non-stick frypan</td>
<td>2/3 cup caster sugar</td>
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<tr>
<td>Pastry brush</td>
<td>3/4 cup walnut halves</td>
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<tr>
<td>Chopping board</td>
<td>1/2 teaspoon sea salt flakes</td>
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<tr>
<td>Knives</td>
<td>rocket and salad leaves</td>
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<tr>
<td>Cup measures</td>
<td>80g feta, crumbled</td>
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<tr>
<td>Scales</td>
<td>1/4 cup virgin olive oil</td>
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<tr>
<td>Salad spinner</td>
<td>1 tablespoon red or white wine vinegar</td>
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- **What to do:**
  - Preheat oven to 200°C.  
  - Use a fork to prick beetroot.  
  - Place on a baking tray and bake for 45 minutes or until tender.  
  - Set aside to cool.  
  - Meanwhile, line a baking tray with baking paper.  
  - Brush a wire rack with oil. Place over tray.  
  - Place the sugar in a non-stick frying pan over medium heat.  
  - Cook, without stirring, tilting pan occasionally, for 4 minutes or until sugar melts.  
  - Stir in walnuts to coat.  
  - Pour onto rack and separate walnuts.  
  - Sprinkle with salt.  
  - Set aside for 30 minutes to set.  
  - Wash rocket and salad leaves well and spin dry.  
  - Peel and halve the roasted beetroot.  
  - Combine the oil and vinegar in a jug and whisk to blend.  
  - Place leaves in a serving bowl.  
  - Toss through feta and walnuts.  
  - Drizzle whisked dressing over salad before serving.