

BEETROOT AND MACADAMIA SALAD

Prep + cook time: 1h 40min Serves: 4

Ingredients

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| 4 medium beetroot, scrubbed | 50 g 2 cups watercress, washed |
| 1 small red onion | 1 - 2 fennel stems, sliced (see tip below) |
| 2 - 3 thyme sprigs | salt |
| 2 tbsp olive oil | freshly ground black pepper |
| 75 g 1/2 cup macadamia nuts,
roughly chopped | |

1. Preheat the oven to 180°C (160° fan) | 350F | gas 4.
2. Line a large baking tray with a sheet of aluminium foil. Place the beets, red onion, and thyme on the foil and drizzle with olive oil. Season with salt and pepper before bringing the foil around the beets to enclose them in a parcel.
3. Roast until the beets easily yield to the tip of a knife, about 1 hour. If they're not ready after 1 hour, roast for a further 10-20 minutes.
4. When ready, remove from the oven and let them cool until they can be easily handled. Unwrap the foil and peel the beets under cold running water.
5. Cut the beets and red onion into wedges, transferring to a serving platter or tray. Add the macadamias, watercress, sliced fennel, and some salt and pepper to taste, tossing to combine.
6. Serve straight away for best results.

Tip

Fennel stems can be trimmed from the bulb and used in this recipe.

