



## Baby beetroot feta and walnut salad

**Servings:** 4

**Prep Time:** 10min

**Cook Time:** 20min

### Ingredients

- ½ cup (125ml) sugar
- 100g walnuts
- 4 rounds of feta, chopped
- 2 tbsp (30ml) olive oil
- 1/2 tsp (2.5ml) smoked paprika
- 1 rosemary sprig, finely chopped
- 2 tsp (10ml) toasted sesame seeds
- 300g baby spinach leaves
- 1 cup (250ml) cooked bulgur wheat (cooked according to packet instructions)
- 2 punnets Beetroot
- 1 small red onion, peeled and finely sliced
- Few sprigs of fresh dill
- Extra olive oil, to serve
- Balsamic vinegar, to serve

### Directions

1. To make the caramelised walnuts, heat the sugar in a pan over a low to medium heat. Once melted, increase heat slightly and allow to turn a golden caramel. Quickly stir in the walnuts and pour into a well-greased baking sheet and allow to cool. Once set, roughly chop and set aside.
2. To make the marinated feta, place feta into a bowl and add the olive oil, smoked paprika, rosemary and toasted sesame seeds. Set aside for a few minutes to infuse.
3. To serve, scatter baby spinach and bulgur wheat onto a platter and top with halved baby beetroots. Add the marinated feta, sliced red onion, dill and caramelized walnuts.
4. Drizzle with a extra olive oil and balsamic vinegar and serve.