



Beetroot and Cottage Cheese Stacks

Servings: 4

Prep Time: 5min

Cook Time: 15min

Ingredients

- 4 medium beetroots
- fresh thyme leaves
- salt and pepper
- 3 garlic cloves
- 45 ml olive oil
- 45 ml balsamic vinegar
- 250 g smooth cottage cheese
- 15 g fresh herbs (micro herbs, thyme leaves or basil)
- 50 g roasted pecan nuts
- extra herbs to garnish

Directions

1. Pre-heat the oven to 180°C.
2. Peel the beetroots and place some thyme leaves on each beetroot. Season with salt and pepper and wrap in foil. Place on an oven tray and bake in the pre-heated oven for 30 minutes.
3. Place the garlic on the oven tray and bake for another 30 minutes.
4. Remove from the oven and unwrap the beets. Cool down.
5. Remove the skin of the garlic and mix with the olive oil and balsamic vinegar. (Keep aside)
6. Mix the cottage cheese with the herbs.
7. Cut each beetroot in 3 slices, spread the bottom slice with the herbed cottage cheese, place a slice of beetroot on top and spread again with the cottage cheese mixture. Place the top half of the beetroot on top.
8. Place on a serving dish with the roasted pecan nuts and garnish with the extra herbs.
9. Drizzle with the olive oil mixture and serve.