

RAW BEETROOT, FETA & LENTIL SALAD

HEALTHY



Serves 6



Prep Time 10 minutes



Easy As



INGREDIENTS

- 2 beetroot (about 400g)
- 400g can **Wattie's Lentils in Springwater**, drained
- 1 small red onion, finely diced
- ½ punnet cherry tomatoes, halved

METHOD

1. Peel and coarsely grate the beetroot into a mixing bowl. Add the drained **Wattie's Lentils**, red onion and cherry tomatoes. Mix through **Eta Lite and Free Honey Mustard Dressing**. Place the salad leaves on a serving platter. Spoon over the salad. Just before serving scatter

- ¼ - ½ cup **Eta Lite and Free Honey Mustard Dressing**

- 50g traditional feta, crumbled
- Salad leaves

over the crumbled feta and lightly toss into the salad.

TIPS

- Use disposable gloves when handling the raw beetroot to avoid staining your hands.

SWITCH IT UP

- Replace the lentils with drained **Wattie's Black Beans in Springwater**.
- Replace the feta with crumbled blue vein cheese.