

# WHITE BEETROOT & RED ONION SALAD

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Serves 4

## INGREDIENTS:

### For the salad

3-4 heads of white beetroot, weighing about 500g

4 medium-sized red onions

### For the dressing:

3-4tbsp extra virgin olive oil

1tbsp good quality white wine vinegar

Salt and freshly ground black pepper

1tbsp freshly grated horseradish

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## DIRECTIONS

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Place the beetroot in a pan of cold, salted water, bring to the boil and simmer for about 1 hour, or until it's tender to the point of a knife. Remove from the water and leave to cool - you can speed up the process by running under cold water.

Meanwhile pre-heat the oven to 180C/gas mark 5. Wrap the onions individually in foil and bake for 1<sup>1/2</sup> hours. Remove from the oven and leave to cool.

While the beetroot and onions are cooking, mix together all the ingredients for the dressing and season.

Once the beetroots have cooled enough to handle, remove the skins by rubbing them off with your hands, or scraping with a small knife, and cut the peeled beets into wedges. Remove the foil from the onions and remove the skins, then cut into six wedges and separate the layers of flesh. Mix the onions and beetroot together, season, and pour over some of the dressing. Arrange on plates or in a serving dish and spoon over the rest of the dressing.