

CHIOGGIA BEETROOT, COTTAGE CHEESE & PESTO TOAST

Serves 1

INGREDIENTS:

1 Chioggia beetroot
2 slices of bread (sourdough is good)
100g cottage cheese
30g green pesto
10g walnuts, roughly chopped

DIRECTIONS

Peel the beetroot and cut it into thin slices, about 2mm thick. If you have an air fryer, cook for 8 minutes at 185°C. Alternatively, cook in an oven for 10-15 minutes, or use raw.

Toast the bread.

Spread the cottage cheese over the toast, then top with the beetroot slices. Finish by dolloping over the pesto and sprinkling over the walnuts.