



WINE AND OLIVE ESTATE

ROASTED BEET, SPINACH AND GOAT CHEESE SALAD

Ingredients

Salad

- 3 golden beets
- 3 red beets
- 10 ounces baby spinach
- 2 ounces goat cheese, crumbled
- 1/4 cup toasted chopped pecans

Honey Balsamic Vinaigrette

- 3 tablespoons **Morgenster Balsamic Vinegar**
- 2 tablespoons water
- 1 tablespoon **Morgenster Extra virgin Olive Oil**
- 1 tablespoon honey
- 2 teaspoons dijon mustard
- Kosher salt and fresh ground black pepper to taste

MORGENSTER 1711 (PTY) LTD

VERGELEGEN AVENUE OFF LOURENSFORD ROAD SOMERSET WEST 7129 REPUBLIC OF SOUTH AFRICA

TEL : +27(0)21 852 4413 FAX : +27(0)21 852 4311

E-MAIL : info@morgenster.co.za WEBSITE : www.morgenster.co.za



Instructions

1. Preheat oven to 400 degrees.
2. Line a rimmed baking sheet with foil.
3. Peel the beets with a vegetable peeler and cut them into 1/2 inch slices.
4. Place the beets on the prepared baking sheet, drizzle them with olive oil, salt and pepper and toss to coat them.
5. Spread the beets into a single layer then roast them for approximately 25-30 minutes or until tender, shaking the tray and tossing them around a couple of times to ensure even cooking.
6. Remove from the oven and let cool while you assemble the salad and make the vinaigrette.
7. In a glass measuring cup or mason jar add all of the ingredients for the vinaigrette and whisk or shake until combined.
8. In a large serving bowl add the baby spinach and top with the crumbled goat cheese, toasted pecans and cooled beets.
9. Serve the vinaigrette alongside the salad or drizzle some of it over the top, you shouldn't need to use all of it.