Beetroot salad

Raciones para 1

- ❏ 2 Beetroots
- ❏ 100 g Arugula
- ❏ 40 g Feta cheese
- ❏ 20 g Chopped hazelnut
- ❏ 50 ml Extra virgin olive oil
- ❏ 20 ml Balsamic vinegar
- ❏ 1 pinch Salt

1. Peel beetroots and cut into segments. Cook them in the microwave for 7 minutes. To do it, place the beetroots in a bowl, cover with plastic wrap, and poke the surface.
2. Set beetroot segments aside to chill and keep the juice. Place arugula, with Feta cheese on the top, on a big plate.
3. Add chopped hazelnuts and beetroot segments at the end.
4. Prepare dressing mixing beetroot juice, olive oil, salt, and balsamic vinegar.
5. Pour over the salad and enjoy.

Chef's Notes

https://cookinglovers.teka.com/en/receta/ensalada-templada-con-remolacha-y-rucula/