

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/es/receta/ensalada-templada-con-remolacha-y-rucula/>

