

# 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

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<https://cookinglovers.teka.com/es/receta/ensalada-templada-con-remolacha-y-rucula/>

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