

BEET ROCKET SALAD

BEST FOR

- Morning Detox Drink
- Breakfast

- Lunch
- Mid-Meal

- Dinner
 - An Occasional Treat
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This is a quick and simple salad that tastes wonderfully gourmet. Rocket leaves have a spicy, mustard-like flavor that is balanced out by the dates and beetroot.

INGREDIENTS

SERVES 2

- 2 small beetroots, peeled
- 2 cups chopped spinach leaves
- 1 cup chopped rocket leaves*
- 6 walnuts, soaked and crushed
- ¼ cup grated coconut
- ½ avocado, chopped (optional)

For the Middle Eastern Dressing

- ½ cup chopped cucumber
- 4 dates, seedless
- ¼ cup coriander
- 1½ tablespoon lemon juice
- ¼ teaspoon cumin powder

*Rocket leaves are also known as 'arugula'

METHOD

1. Chop the beetroot and steam it until soft.
2. Place the steamed beetroot into a large mixing bowl, along with the spinach, rocket, coconut, walnuts and avocado (optional).
3. To prepare the Middle Eastern Dressing, place all the dressing ingredients into a blender and blend until smooth.
4. Pour the dressing over the salad, toss well and serve.

Tip In case rocket leaves are not available, replace them with any other seasonal leafy green.

Tip Add vegetable sprouts to the salad for maximum nutrition (See page 26).