Beetroot, farro and honeyed walnut super salad

Preparation time

45 minutes

Serves

4-6

Recipe courtesy of

Allison Grech, Accredited Practising Dietitian (APD)

This recipe featured in the 2017 Australia's Health Weight Week, APD Cookbook, created in collaboration with Dietitians Australia and Nutrition Australia, ACT.



Ingredients Method Nutrition

1 ½ cups farro

2 large beetroots

2 large carrots

1 cup red cabbage (1/6 small cabbage)

1 cup flat-leaf parsley, roughly chopped

1 cup mint, roughly chopped

2 tbsp sesame seeds

1 cup walnuts

1 tbsp honey

½ cup ricotta cheese, reduced fat

DRESSING

1 tbsp honey

juice of 1 lemon

1 tbsp extra virgin olive oil

1 tbsp cold water

1. Place the farro in a large saucepan and cover with 4 cups of cold water. Bring to the boil and simmer for 35 minutes, or until all the water is absorbed and the grains are tender.
2. Drain well and set aside in a refrigerator. (You can do this step the day before to cut preparation time in half!)
3. Add sesame seeds to a small frypan and toss on low-medium heat until golden brown. Set aside in a small bowl.
4. Use the same frypan to toast walnuts lightly for about two minutes on low-medium heat. Add 1 tablespoon honey and toss to coat until the honey begins to bubble and the nuts become dark and caramelised.
5. Remove from the heat and arrange the walnuts flat on a plate to cool.
6. Peel and grate beetroots and carrot and set aside in separate bowls. Keeping them separate until the salad is ready to serve helps preserve the bright orange of the carrots – otherwise, they will be stained pink!
7. Finely chop red cabbage. Roughly chop parsley and mint. Add cabbage and herbs to bowl containing grated carrot.
8. In a small jar, add the juice of 1 lemon, 1 tbsp of honey and the extra virgin olive oil. Shake to combine and add 1 tablespoon of cold water to thin. Shake the dressing once more before serving.
9. Break apart the honeyed walnuts. Toss the farro, carrot, cabbage, herbs and walnuts to combine. Gently fold through beetroot.
10. Top with crumbled ricotta cheese and toasted sesame seeds.
11. Dress with shaken lemon-honey dressing just before serving.

Nutritional information is provided per serve

Engery	1194kJ (285 calories)
Protein	8g

Saturated Fat	1g
Total Fat	11g
Carbohydrates	34g
Sugars	23g
Dietary Fibre	10g
Sodium	106mg