

Antibody Engineering & Therapeutics Europe VIRTUAL

FARMERS SALAD WITH BEETROOT AND ORANGES

Serves 4 - 40 minutes preparation - 20 minutes to cook

INGREDIENTS

2 baby beetroots, with leaves
3 tbsp olive oil
1 tbsp mint, finely chopped
1 tbsp chives, finally chopped
2 oranges
1 clove of garlic, finely chopped
1 onion, diced
Salt & Pepper

METHOD

1. Wash the beetroot leaves and scrub the beetroots under the tap.
2. Cut off the leaves and stems from the beets.
3. Boil the beets for 30 minutes in salted water on high heat.
4. Meanwhile cut the stems finely and tear the leaves to pieces.
5. Fry the stems in 1 tablespoon of olive oil in a frying pan for 3 minutes on high heat, then add the onion and garlic. Fry for 5 minutes while stirring constantly.
6. Add the beet leaves and fry along for 1 minute. Add salt and pepper to taste.
7. From one orange, cut away the orange segments from the membranes and put them in a bowl.
8. Add the chives, the mint and the fried beet leaves and stems.
9. Add the juice of the other orange and 2 tbsp olive oil.
10. Take the beets of the heat, rinse with cold water, drain and let them cool. Cut in segments and add those to the rest of the salad.
11. Mix everything well and add salt and pepper to taste.

DRENTHE, HOLLAND