

Crunchy orange and walnut beetroot : healthy eating : starter / Tesco.

Contributors

Tesco (Firm)

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from
TESCO

**CRUNCHY
ORANGE AND
WALNUT
BEETROOT**

**HEALTHY
EATING**

STARTER

TESCO

CRUNCHY
ORANGE AND
WALNUT
BEETROOT
HEALTHY
EATING

SERVES 2

INGREDIENTS

2 x 15ml sp (2 tbsp) Olive Oil
half a 250g pack of traditional Beetroot,
dipped in malt vinegar
25g (1oz) Chopped Walnuts
Finely grated rind and juice of half an
Orange
Salt and Ground Black Pepper
25g (1oz) Fresh Breadcrumbs
2 x 15ml sp (2 tbsp) Finely Grated
Fresh Parmesan

METHOD

- 1 Heat the oil and stir fry the beetroot and walnuts together for 1-2 minutes. Stir in the rind and orange juice. Season well.
- 2 Divide between 2 ramekin dishes. Top with the breadcrumbs and parmesan. Brown under a hot grill for 1-2 minutes, or until the topping is crispy

NUTRITION INFORMATION PER SERVING (SERVES 2)

Energy	Fat	Protein	Carbohydrate	Fibre
482 Calories (kcal)	26g	15g	47g	6g

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