

ZERO WASTE BEETROOT AND CHICKPEA SALAD



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Recipe by Courtney Roulston for Rabobank

INGREDIENTS

- 1 whole bunch beetroot, leaves attached
- Sea salt to taste
- 1/2 cup (125ml) extra virgin olive oil
- 1 clove garlic, peeled, crushed
- 1 long red chilli, chopped
- 1 x 400g can chickpeas, drained, aqua faba (chickpea liquid) reserved
- 1 teaspoon ground cumin
- 1 teaspoon Dijon mustard
- 2 tablespoons apple cider vinegar
- 1 tablespoon maple syrup
- 2 tablespoons crushed pepita seeds, toasted
- 1/4 cup mint, leaves picked
- 1 tablespoon dill sprigs

SERVES 4 (as a side)

Prep time: 15 minutes

Cook time: 45 minutes

Dietaries: Gluten free, Dairy free, Vegetarian, Vegan

METHOD

Step 1. Pre-heat the oven to 190 degrees C. Cut the beetroot from the stems and wash the bulbs, leaves and stems in a bowl of cold water. Drain and place the beetroot bulbs onto 4 pieces of foil around 25cm in length. Drizzle each beetroot with a little oil and season with sea salt. Wrap them up in the foil and place onto a lined baking tray and bake for 30 minutes.

Step 2. Remove the beetroot tray from the oven after 30 minutes and place the drained chickpeas onto the same tray with the beetroot and drizzle with 1 tablespoon of oil, a pinch of salt and the ground cumin. Mix well so the chickpeas are coated then place back into the oven and bake for 15 minutes, or until the chickpeas are fragrant and the beetroots are tender. Allow the beetroots to sit at room temperature in the foil for 10 minutes before carefully slipping off the skins and chop them into rough chunks. Set aside.

Step 3. Place the chickpea liquid into the jug of a stick blender. Pour in the Dijon mustard, vinegar, maple syrup and sea salt. Blitz until the mixture emulsifies, then slowly drizzle in 1/3 cup (80ml) of the oil until the mixture becomes thick and pale. Set aside.

Step 4. Cut the beetroot stems into 1cm lengths and the leaves in half. Heat 1 tablespoon of oil in a frying pan over a medium heat. Add the garlic, chilli, beetroot stems and leaves and cook for 2 minutes, or until fragrant and tender. Place the cooked leaves onto the base of a serving plate. Arrange the chopped beetroot and roasted chickpeas onto the plate. Drizzle with some of the creamy chickpea dressing and scatter with pepita seeds, mint and dill before serving.

**DON'T
BE A
WASTER!**

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