



JERNEJ KITCHEN

ROASTED BEETS WITH MINT AND SULTANAS

Roasted Beets with Mint and Sultanas is a simple, healthy salad or side dish recipe, perfect for autumn or winter. Served with a luscious balsamic dressing.

SERVES	4	SIDES (OR SALAD FOR 2)
PREPARATION:	10	MINUTES
ROAST:	30	MINUTES
TOTAL TIME:	40	MINUTES

ROASTED BEETS

- 450 g medium beets (1 pound)
- 3 tbsp olive oil
- 1 tsp cumin seeds
- 1 tsp sliced ginger
- 1 tbsp fresh mint leaves (to serve)
- 1 tbsp pine nuts (to serve)

SALAD DRESSING

- 1 tbsp balsamic vinegar
- 1 tbsp floral honey
- 1 tbsp olive oil
- 1 tsp lemon zest

SPICED SULTANAS

- 100 g Sultanas (2/3 cup) (golden raisins)
- 240 ml water (1 cup)
- 1 tsp sliced ginger

TOOLS AND EQUIPEMENT

- baking sheet
- aluminum foil
- parchment paper
- cutting board
- kitchen knife

PREPARE THE BAKING SHEET

Line a baking sheet with two layers of aluminum foil. Wet the parchment paper under running water, then crumple it to make the wrapping easier. Place the parchment paper on top of the aluminum foil in the center.

ROAST THE BEETS

Wash and clean the beets. Cut them into quarters. Place in the middle of your prepared baking sheet lined with aluminum foil and parchment paper. Drizzle the beets with olive oil. Add sliced ginger, cumin seeds. Season with salt and pepper. Wrap the beets in the foil and roast in the oven for 30 - 35 minutes at 220°C / 440 °F.

SALAD DRESSING

Make the salad dressing. In a bowl, stir to combine runny honey (preferably floral), lemon zest, olive oil, and balsamic vinegar. Season with salt and pepper to taste.

SULTANAS

Add Sultanas (golden raisins) to a saucepan. Add water, sliced ginger and season with salt and pepper. Place over high heat and bring to a boil. Cook for 5 minutes then set aside until needed.

ROASTED BEETS WITH MINT AND SULTANAS

Remove the roasted beets from the oven. Carefully unwrap the beets. Transfer the beets (without the ginger) to a freezer bag (this will make the peeling easier) and let them sit for about 5 - 10 minutes. Put on gloves and peel the roasted beets using a small knife. In a bowl combine roasted beets with the dressing and drained sultanas (without the ginger). Season to taste with

Sponsored

small bowl
saucepan
freezer bags

salt and pepper. Transfer to a salad bowl or large plate. Drizzle with olive oil, sprinkle with fresh mint leaves and pinenuts. Serve immediately.