

Beetroot, avocado and broad bean salad.

Served as it is, this very beautiful salad can be a very substantial meal – just scatter a few roasted hazelnuts and/or chunks of creamy goat's cheese over the top, and you need nothing else. The earthy flavor of the beetroot is really brought out by the sweetness of the dressing.

Serves four to six.

Ingredients

- 4 medium raw beetroots (around 350g in total)
- 1 small red onion, thinly sliced
- 3 tbsp sherry vinegar
- 4 tbsp olive oil, plus a little extra to finish
- ½ tsp caster sugar
- 1-3 tsp sweet chilli sauce e.g. Lingham's
- salt and pepper
- 2 medium avocados, peeled and thinly sliced
- 10g coriander leaves
- 10g mint leaves
- A handful of salad leaves – rocket, watercress, baby spinach
- 150g broad beans, blanched, refreshed and skinned



Method

1. Peel the beetroots and slice them very thinly, around 2-3mm thick – if you have one, use a mandolin. (If your beets are large, halve them after peeling, then cut into slices.) Put the beetroot in a pot with plenty of boiling water and simmer for three to five minutes, until semi-cooked; it should still be crunchy. Drain and put in a large bowl.
2. Add the red onion, vinegar, oil, sugar, chilli sauce, salt and pepper to the beetroot bowl and toss everything together gently – your hands are best for this. Leave to one side for 10-15 minutes, then taste and see if you want to add more sugar, salt or vinegar – it needs to be sharp and sweetish.
3. When you're ready to serve, spread half the beetroot mixture on a large platter or on individual plates. Top with the broad beans, salad leaves then avocado, coriander, and mint. Drizzle with a little oil and serve.