

Warm salad of Green Beans, Beetroot and Feta

A light, delicious, healthy summer lunch or supper. This recipe will help you use up your current gluts of beans and beetroot! Feel free to vary the quantities to suit yourself. The feta adds enough salt – I didn't add any.

Serves 2 people

Beetroot, 3 small or about 300g
Green beans 300g, cut into bite-sized pieces
Red Onion 1/2 medium
Feta, 1/2 pack or 100g
Walnut pieces 2 handfuls or 35g
Juice of 1/2 lemon
Olive oil
Cumin seeds, 2 tsp, dry roasted & ground
Herbs of choice - a handful
Ground black pepper



Start by boiling the beetroot whole for 20 minutes, then peel and cut each into 6 wedges. Place in a baking tray and mix with 2-3 Tbsp olive oil, most of the roast ground cumin and ground pepper (but no salt). Roast for 20 mins at 190C, Gas 5.

While the beetroot is cooking, blanch the beans in boiling water for 4-5 mins (if young, longer if older or larger). Remove from heat, drain, add cold water to pan to stop them cooking further, and drain again.

Dry-fry the walnut pieces until they start to darken – 2-3 mins.

Cut red onion into very thin slices (a mandoline helps). Put in a bowl with 3 Tbsp oil, lemon juice and more ground black pepper. Leave to marinate while the beetroot is cooking.

When the beetroot is cooked, put in a bowl with the green beans, walnuts and red onions. Add the marinade, and the oil from the roasting-tin, and mix gently with your fingers.

Crumble the feta on top. Sprinkle on the reserved roast cumin, and chopped herbs to taste – I used basil and chives. Serve warm.