



🕒 Approximately **40 min**

🔥 **485 kcal** p.p.

👤 **2 persons**

WHAT YOU NEED

- Beetroot: 250 g
- Fennel: 2 pcs
- Quinoa in a cooking bag 125g: 1 pcs
- Shallots: 1 pcs
- Mandarins: 300 g

GOOD TO HAVE AT HOME

- Salt
- Pepper
- Dijon mustard: 1-2 tsp.
- Lemon juice
- Olive oil
- Agave syrup

ALLERGENS

ROASTED BEET AND FENNEL SALAD WITH MANDARIN

INSTRUCTION

- Preheat the oven to 200°C.
- Peel and cut the beetroot into 2cm slices. Clean the fennel and also cut it into thin slices. Combine the fennel and the beetroot with a dash of olive oil in a baking tray. Transfer to the oven and bake for approx. 20 minutes until tender.
- In the meantime, cook the quinoa for 20 min. in boiling water. Drain the water afterwards and carefully open the bag with a knife. Pour the quinoa back into the pot. Peel and finely chop the shallots. Peel and divide the mandarins in segments.
- Combine all ingredients in a bowl and mix well. Prepare a dressing made of lemon juice, olive oil, mustard and agave syrup. Season to taste with salt and pepper and fold into the salad.