



Beetroot Salad with Orange-Balsamic Dressing

Serves 6 bariatric portions – Prep time: 15 mins

Ingredients

- 3 Medium beetroot
- 2 Medium carrots
- 1/2 Red capsicum, finely diced
- 2 Tbsp Fresh mint leaves, finely chopped
- 2 Tbsp Sunflower or pumpkin seeds (optional)

Dressing

- 3 Tbsp Fresh orange juice
- 1 Tbsp Balsamic vinegar
- 1 Tbsp Extra virgin olive oil
- Pinch Salt & Pepper

Directions

Prepare vegetables – Grate or finely chop beetroot and carrot. Place in a large bowl.

Add flavour – Stir through red capsicum, mint, and seeds (if using).

Make dressing – In a small bowl, whisk orange juice, balsamic vinegar, olive oil, salt, and pepper until smooth.

Combine – Pour dressing over salad and toss well to coat.

Serve – Chill for 15 minutes to let flavours meld. Sprinkle with feta just before serving, if desired.

Tips & Serving Ideas

- Top with crumbled feta
- Add crunch – Mix in toasted walnuts or almonds.
- Boost protein – Add chickpeas or lentils.
- Summer twist – Swap orange juice for lemon or lime for a tangier dressing.

