

# SALT BAKED BEETROOT WITH WHIPPED FETA, FENNEL SEED PASTRY & ORANGE DRESSING

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Serves 2

## INGREDIENTS:

Beetroot  
100g Feta  
100ml Single Cream  
Puff Pastry (1 Pack)  
Fennel Seeds  
Sea Salt  
1 Orange  
150ml Olive Oil  
50ml Red Wine Vinegar  
1 Egg

## DIRECTIONS

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Preheat the oven to 180°C.

Trim and wash your beetroot. While still wet, generously sprinkle with salt. Roast for 45-60 minutes or until tender.

Meanwhile roll out your pastry so it is around 3mm thick. Sprinkle with fennel seeds and sea salt (to your liking). Cut into triangles or rectangles and brush with a beaten egg. Bake until golden brown.

In a food processor, combine the feta and cream until you have a whipped consistency.

For the dressing - combine the juice and zest of the orange with the olive oil and red wine vinegar. Mix well and season to taste.

To serve, spoon the whipped feta onto a plate and place slices of the beetroot on top. Finish with the puff pastry and dressing.

Enjoy!