NutritionConfidence Recipes
Brought to you by ADSA
(Association for Dietetics in South Africa)

Spinach, beetroot & pomegranate salad

Recipe by Vanessa Marx, Head Chef at Dear Me   Photograph by Claire Dunn

Ingredients

100 g baby spinach
1 medium beetroot
50 g Danish feta cheese (lower in fat than Greek)
1 Pomegranate, or 100g fresh pomegranate arils
50 g radishes
30 g baby spring onions
30 ml olive oil
10 ml raspberry or red wine vinegar (optional)

Method

1   Boil the whole beetroot with skin until soft.
2   Wash baby spinach and pat off excess water with paper towel or spin in a salad spinner.
3   Wash the radishes and thinly slice them.
4   Once the beetroot is cooked, let it cool slightly. While still warm, rub the skin off with your hands & rinse to remove excess skin. Cut into small cubes.
5   Cut the pomegranate in half. Hold half in your hand & cut side toward your hand, gripping with your fingertips. Hold over a large bowl & whack the back of the pomegranate with a large spoon until the seeds release from the shell. Repeat until all the jewels have been retrieved.
6   On a plate or serving platter, arrange the baby spinach.
7   Assemble your salad by adding the chopped beetroot, crumble over the feta, add radishes, sprinkle over the pomegranate jewels & spring onions.
8   Drizzle the salad with olive oil & vinegar. Serve.

Serves 2

♥ We love it!

It's a powerhouse of nutrients, good fats, vitamins, phytochemicals, minerals & fibre.

66 Dietitians say...

Deep coloured veg like beets & spinach contain many "non-nutrient" compounds called phytochemicals.

Deep coloured veg like beets & spinach contain many "non-nutrient" compounds called phytochemicals. Phytochemicals are biologically active, natural occurring chemical compounds which also provide the colour, taste & aroma to fruit & veg. In relation to cancer, phytochemicals help metabolise drugs, toxins, carcinogens & mutagens.
Also, beetroot juice may improve performance for some athletes in some situations due to its high nitrate content.