



# Beetroot Carpaccio

## WITH FETA, BASIL & BALSAMIC

### INGREDIENTS

- 4 baby beetroots, peeled
- 1 tbsp olive oil
- 1 tbsp balsamic vinegar
- 80g raspberries
- 5g reduced-fat feta cheese
- 12 small basil leaves
- Black pepper

### METHOD

Using a slicer like a mandolin, thinly slice the beetroot into 1-2mm slices and place in a bowl. Wear gloves as you handle the beetroot if you don't want to host your dinner with pink fingers.

Combine the balsamic vinegar and the olive oil and coat the beetroot with it. Allow to marinate for about 10 minutes.

Choose a large elegant platter or individual plates and place the beetroot in a single layer on the plate.

Place the raspberries randomly on top of the beetroot.

Crumble the feta in about ½ cm nuggets and place it in between the raspberries.

Rinse and dry the basil leaves and plate them to stand up against the feta or the raspberries.

Use the leftover balsamic marinade and dress the dish.

Finish with a crack of black pepper. The feta has enough salt so there is no need to season the dish.



HEALTHYFOOD  
STUDIO



# Thyme-roasted

## RED ONIONS

### INGREDIENTS

- 4 red onions, peeled
- 2tbsp olive oil
- 10 sprigs thyme
- Pinch of salt
- Foil paper

### METHOD

Cut about ½ cm off each end of the onion and then cut the onion in half. You should have more or less 2 x 2cm-thick slices. Keep the off cuts for the beef dish.

Coat each onion slice with olive oil, sprinkle with a pinch of salt and place a sprig of thyme on top.

Place the onions in a roasting tray and cover with foil.

Roast the onions at 180°C for 30 minutes, then remove the foil and roast for a further 30 minutes uncovered.

Crumble the dried thyme sprigs and top with the remaining fresh thyme leaves just before serving.

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# Asparagus

## WITH ROMESCO GARNISH

### INGREDIENTS

- 10 small rosa tomatoes, halved
- 1 clove garlic, finely chopped
- 1tbsp olive oil
- 40g raw unsalted almonds, toasted and chopped
- 1 red pepper, roasted and skin removed
- 2tbsp toasted wholewheat bread crumbs
- 1tbsp Italian parsley, chopped
- ½ lemon, zested and finely chopped
- 1tsp red wine vinegar
- 300g asparagus
- 10ml olive oil

### METHOD

Combine the tomatoes, olive oil and garlic and allow to marinate for 10 minutes.

Roast the tomatoes for about 20 minutes in a hot oven until they are soft, but still hold their shape.

Combine the breadcrumbs with the roasting juices from the tomatoes and peppers and add the parsley and chopped lemon zest, as well as the red wine vinegar.

Trim the stalky ends of the asparagus. If they are quite thick, steam them briefly before grilling. Otherwise, dress the asparagus with the 10ml olive oil immediately.

Warm a griddle pan and grill the asparagus just before serving.

The asparagus should have some charring marks, but still be firm (*al dente*).

Plate the asparagus with tops to one end of the platter.

Place the peppers over the asparagus stems, top with the breadcrumb mixture and the almonds, and garnish with the tomatoes.



# Garlic

## WHITE BEAN MASH

### INGREDIENTS

- 1 small head of garlic
- 1tbsp olive oil
- 300ml low fat milk
- 2 sprigs thyme
- 2 tins butterbeans

### METHOD

Coat the garlic head with the olive oil and roast at 180°C for 40 minutes to 1 hour until the garlic is soft.

Place the milk in a pot and warm to scalding point.

Cut the head in half and squeeze the sweet garlic into the milk.

Add the beans (rinsed and drained) and the thyme, and cook the mixture on a low heat for about 10 minutes.

Remove the thyme sprigs and place the beans in a blender, or blend with a hand blender to a smooth puree.

Pass the puree through a sieve to ensure that there are no lumps.

If the consistency is too thick, add a bit more milk.

Season and reheat to serve with the rosemary ribeye roast.