

Walnut Salad Recipes

Caramelised Walnut and Roasted Beetroot Salad

This salad tastes amazing and is well worth preparing.



Winner 2013

Winner of our 2013 best recipe competition.



Ingredients

- ***Caramelised walnuts***
- $\frac{1}{2}$ cup fresh walnut halves
- $1\frac{1}{2}$ tablespoons icing sugar
- olive oil for frying
- pinch ground cayenne
- ***Salad***
- 1 large handful baby spinach
- 1 large handful rocket
- 2 medium-sized beetroot, washed
- 4 cherry tomatoes, cut into quarters
- $\frac{1}{2}$ cup goats cheese, crumbled

Dressing

- 2 tablespoons red wine vinegar
- 1 teaspoon olive oil
- 1 tablespoon wholegrain mustard
- salt & pepper to taste

Method

To caramelise the walnuts, first cook them in a pot of boiling water for 5 minutes. Drain and pat dry with a paper towel. Toss walnuts and icing sugar together in a bowl until well coated. Heat some oil and shallow fry walnuts until golden, about 2 minutes. Drain on a paper towel and allow to cool. Season to taste and sprinkle with cayenne pepper.

Boil the beetroots in salted water until done, about 20 minutes. While still warm top and tail them and rub the skin off the outside. Cut into quarters and place in a baking dish lined with baking paper. Preheat the oven to 200°C. Sprinkle beetroots with balsamic vinegar and a little salt. Bake for 1/2 hour or until a fork is easily inserted into the beetroot. Cool completely.

To make the dressing, combine the red wine vinegar, olive oil, mustard, salt & pepper.

To assemble the salad, mix together the baby spinach, rocket, quartered tomatoes, roasted beetroot and caramelised walnuts. Crumble the goats cheese and toss all together. Pour over the dressing and toss lightly together.

An alternative way to roast the beetroot is to individually wrap them in foil and roast in a 200 °C oven for 50 to 60 minutes. You can add a little olive oil to each wrapping and the results are delicious. Check if cooked with a needle or knife. Leave to cool, peel and dice for the salad.

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Walnut Tabbouli

A tasty and natural salad



Ingredients

- 2 cups walnuts, chopped
- 4 cups flat-leafed parsley, chopped
- 2 cups fresh mint, chopped
- 3 spring onions, finely chopped
- 2 large tomatoes, seeded and chopped
- $\frac{1}{2}$ cup lemon juice
- $\frac{1}{2}$ cup walnut oil
- salt to taste

Method

Put the walnuts, parsley, mint, spring onions and tomatoes into a bowl and toss together.

Mix the lemon juice, walnut oil and salt together and pour over the salad.

Toss together to mix.

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