

Roasted beetroot with feta sauce and walnuts

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Ingredients

Beets

- Boiled beets
- Coriander seeds, fennel seeds, herbs de Provence
- A few cloves of garlic
- Olive oil
- 1 tbsp honey or 1 teaspoon brown sugar
- Salt flakes

Feta sauce and serving

- 250 g thick Greek yogurt
- 150 g feta cheese
- A handful of walnuts
- Dill (optional)

Instructions

- 1.** So, peel off the skin of the cooked beetroot, it usually comes off very easily just by pressing on the beetroot, drain well and cut the beetroot into larger pieces as in the photo.
- 2.** Put the beets in a baking dish in one layer, we need as much of the surface as possible to get heat.
- 3.** Sprinkle with spices. Freshly crushed coriander, fennel seeds, herbs de Provence are very tasty and suitable for beets.
- 4.** Add a few cloves of finely chopped garlic, sprinkle with olive oil.
- 5.** Add a spoonful of honey. If you don't have honey, sprinkle with a teaspoon of brown sugar. I do not salt boiled beets. They already have salt. If the dish needs salt, it tastes better when sprinkled with Maldon salt flakes.

6. Place in the oven and bake for about half an hour at 170-180 degrees. The liquid should evaporate and caramelize nicely.
 7. We will mix 250 grams of thick Greek yogurt with 150 g of feta cheese. You can rub everything with a fork or spoon, or grind it quickly with a blender.
 8. Toast a handful of walnuts. Add to the preheated pan and stir-fry for about 3 minutes until browned. Chop half of the nuts with a knife, keep the other half of the larger nuts for decoration.
 9. Put the fried, cooled beets in a serving dish, cover with feta sauce, add chopped nuts, then larger ones. Drizzle a little with quality extra virgin olive oil, you can season and decorate with chopped dill.
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