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Beetroot Toasts with Goats Cheese and Toasted Pinenuts –For a Delicious and

Colourful Lunch or Supper

Ingredients

100g fresh beetroot
2 tablespoons of hummous
Half a teaspoon of horseradish sauce
Salt and black pepper
100g goats cheese
A small handful of pine nuts
4 small thick slices of sourdough bread
2 tablespoons of balsamic vinegar
1 teaspoon of runny honey
1 tablespoon of orange jiuce
A large handful of watercress and rocket leaves

Servings
2
Person

Preparation

1. Simmer the beetroot in a small pan of boiling water until cooked through and soft. Allow to cool and then peel and chop roughly.
2. Place the beetroot, hummous and horseradish in a food processor and blend, then season to taste with salt and black pepper.
3. Roughly chop the goats cheese.
4. Toast the pine nuts briefly in a dry pan on a low heat, just for a minute or two; be careful, they burn easily!
5. Warm the grill. Cut 4 small thick slices from a sourdough loaf and lightly toast on both sides.
6. Spread the toasts with the beetroot mixture, arrange the pieces of goats cheese on the top and place on an oven tray under the grill until the cheese is melted and bubbling.
7. Meanwhile, make the balsamic dressing. Simmer the balsamic vinegar, honey and orange juice together in a small pan over a low heat, stirring, for about 3 minutes, then remove from the heat.
8. Serve the hot toasts sprinkled with toasted pine nuts, accompanied by watercress and rocket leaves and drizzled with balsamic dressing.

Cooks Note

You can use ready cooked fresh beetroot if you wish, and use any kind of rustic bread instead of sourdough.