



Classic and Essential Nutrition
A Corporate Nutrition & Healthy Lifestyles Consultancy



Vegan Roasted Beet and Fennel Salad *(Servings: 4 entrée / 8 side dishes)*

Ingredients

The Salad

- 4 medium red & golden beets - *chopped*
- 2 medium fennel bulbs
- 1 small lemon - *zested and juiced*
- 1/3 cup raw walnuts - *finely chopped*
- 1/3 cup panko bread crumbs**
- 1/2 teaspoon Aleppo pepper
- 1/2 teaspoon sea salt - *flaky, or coarse*
- 1 cup chickpeas - *drained and rinsed***
- 1/2 cup flat-leaf Italian parsley - *chopped*
- 1/4 cup fresh dill - *finely chopped*
- 1 medium orange - *remove membrane/slice into segments - zest peel for the dressing*
- 1 large ripe avocado - *cut into small chunks*

- Extra virgin olive oil *(for roasting)*
- kosher or sea salt to taste
- freshly cracked black pepper, to taste

Citrus Vinaigrette

- 3 Tbsps extra virgin olive oil
- 1/2 tsp lemon zest
- 1/2 tsp orange zest
- 2 Tbsps fresh lemon juice
- 1 tsp Dijon or whole grain mustard - *plus more to taste*
- 1 tsp maple syrup
- 1/8 tsp paprika - *sweet, or hot*
- 1/4 tsp sea salt, *plus more to taste*
- freshly cracked black pepper to taste

Preparation

- Preheat the oven to 425°F.

Preparing/Roasting Beets

- Trim off the beet greens and most of the stalks *(leave some of the stalk intact to prevent beets from “bleeding” in the oven)*. Do not trim the beet tails (it results in less juicy beets). Wash and scrub the beets clean. Very lightly rub the beets with olive oil.
- Place beets in an ovenproof casserole-style, baking dish, or Dutch oven, and pour water into the pan, 1/4-inch up the sides. Cover the pan.

(continued)



- Roast for 45-90 minutes, depending beet size, or until fork-tender. *Medium-sized beets usually take 50 to 60 minutes, larger beets up to 90 minutes.*
- When the beets are cool enough to touch, run them under cool water and peel off the skins (wear gloves to prevent staining). Cut the stems off and discard. Chop the beets into bite-size pieces.

Preparing /Roasting Fennel

- Slice the stalks off from the fennel bulbs. Reserve the fronds/leaves and set aside. Slice each bulb vertically in half, then slice horizontally into wedges, 1/3 to 1/2 inch thick.
- Toss the wedges with 1½-2 Tbsps extra virgin olive oil and season with salt and pepper. Transfer to a rimmed sheet pan. Roast for 20 to 25 minutes, or until the fennel is tender on the inside and browned on the edges.
- Chop the fennel fronds/leaves and set aside 2 to 3 Tbsps for the salad.

Making the walnut bread crumbs

- Heat a medium-large frying pan over medium heat. After a minute or two, add 1 Tbsp of extra virgin olive oil and the chopped walnuts. Cook for 1½ minutes, stirring frequently to prevent burning.
- Add the bread crumbs and stir continuously for 2 minutes. Add the Aleppo pepper and sea salt and cook for 30 seconds until very aromatic. Remove from the heat and transfer to a plate, spread out, and allow to cool.

The Citrus Vinaigrette

- Add the olive oil, lemon juice, mustard, paprika, lemon and orange zest to a jar with a lid, shake until emulsified, or add the ingredients to a bowl and whisk until emulsified.
- Taste for seasonings, adding salt and pepper as needed. Add maple syrup if too acidic, and shake again.

Assembling the salad

- Transfer roasted beets and fennel to a large serving bowl.
- Add chickpeas, 2/3-3/4 of the walnut bread crumbs, 1 tsp of the lemon zest, 1 Tbsp lemon juice, parsley, dill, and chopped fennel fronds and toss to coat. Season with sea salt and pepper.
- Top with the orange slices and avocado chunks. Add the vinaigrette and scatter the remaining walnut bread crumbs on top or serve on the side.