

BEETROOT & BROWN RICE SALAD

Makes 2 servings

Per serve: Calories: 205 Carbohydrates: 60g Protein: 6g Fat: 10g

INGREDIENTS

120g canned or cooked baby beetroot, *halved or quartered if they are large*

1 cups Rocket *leaves*

1 cups of mixed lettuce and/or spinach

30 g feta

2 cups of cooked brown rice

DRESSING

- 2 ½ tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 tbsp honey
- ½ tsp salt
- Black pepper

DIRECTIONS

Combine dressing ingredients, easiest way is in a small jar

Combine salad ingredients, drizzle over dressing