



ESTABLISHED 1983

WONDAREE RECIPES

WONDAREE MACADAMIA CRANBERRY & BEETROOT SALAD

INGREDIENTS

200g of roasted Wondaree macadamias
1/2 cup dried cranberries
50g Rocket
50g Spinach
Salt & Pepper
1 beetroot
200g Goats Cheese

DRESSING

1/2 cup olive oil
3 teaspoons lemon juice
1/4 cup white wine vinegar
1/4 cup cider vinegar
salt & pepper to taste
1 teaspoon mustard seed

Toast the macadamias under a grill on high for 2 minutes — but be careful as they burn quickly!

Preheat oven to 180°C/160°C fan-forced. Wash beetroot. Pat dry. Wrap in foil. Place on a baking tray. Roast for 1 hour or until tender. Cool for 15 minutes. Meanwhile prepare remaining ingredients. wearing gloves, peel and discard skin from beetroot. Cut beetroot into 2cm pieces.

In a large bowl, combine the rocket, spinach, cranberries, beetroot and goats cheese.

Whisk up the dressing and add to the salad!