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## 2 fruit-filled salad recipes from Teresa Cutter

Salad recipes for the Summer months

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Salad recipes for the Summer months

### Beetroot Salad With Fig & Smashed Raspberry Dressing

"I love roasting large bunches of beetroot and using this lovely base for salads. Roasted beetroot lasts about four days in the fridge and I really enjoy it paired with my smashed raspberry dressing. I eat it as is or topped with white goat's cheese or Persian fetta. It's also lovely served alongside pan-roasted salmon or medium-rare beef fillet." - Teresa Cutter

Ingredients:

- 800g whole fresh beetroot
- 100g baby spinach leaves or rocket
- 2 fresh ripe figs, halved
- 180g raspberries, smashed with a fork, plus a few extra for decoration

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between 30 minutes (small) and 45 minutes (large) or until a skewer can easily be inserted through the core. Remove from the oven and allow to rest in the foil for about 1 hour.

Remove the foil and peel the beetroot skin off with your fingers. Cut into quarters if large or leave a few whole if small. Arrange the beets on a serving platter along with the spinach leaves. Top with the figs. Combine the raspberries, pomegranate, oil and pepper and mix well. Spoon the dressing over the salad and serve.

Serves 4



### Citrus Salad & Orange Blossom Honey

"Citrus is rich in antioxidants that boost immune function and protect the body against disease. The vitamin C in citrus helps the synthesis of collagen that can break down as we age. Collagen is found in your skin, bones, tendons and ligaments and gives strength and structure. It's vital for skin elasticity and firmness. Manuka honey works as an antibacterial in the fight against viruses and bacteria. Pistachios are high in potassium and magnesium, both minerals that help nourish the nervous system." - Teresa Cutter

Ingredients:

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2 each of oranges, mandarins, and blood oranges, peeled, pith removed and sliced  
 1 pink grapefruit, peeled, pith removed and sliced  
 1 tbs manuka or raw honey  
 1/2 tsp vanilla bean paste or extract  
 30g pistachio nuts, chopped  
 Fresh herbs such as mint, to garnish

Method:

Arrange the fruit on a serving plate, alternating colours to make it look beautiful. Combine the honey and vanilla then drizzle onto the citrus just before serving. Garnish with pistachio and herbs. Serve as is or with Greek-style natural yoghurt.

Serves 2



This is an edited extract from The Healthy Chef: Purely Delicious by Teresa Cutter (\$69.95, [The Healthy Chef](#))



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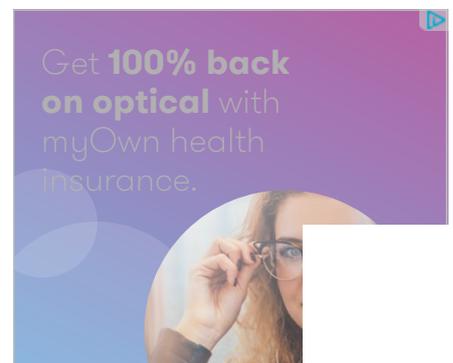
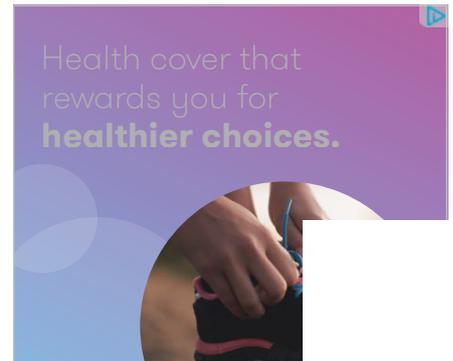
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