



ASPARAGUS, BEETROOT & CREAMY FETA SALAD

<https://www.mainland.co.nz/recipe/asparagus-beetroot-feta-salad.html>



Prep Time
10 MINS

COOKING Time
10 MINS

SERVES
4-6

This salad is a pinch to make. Fresh asparagus brings that extra bit of flavour to the perfect summer salad.

Ingredients

- 1 bunch asparagus
- 1 packet pre-cooked baby beetroots
- 1 Countdown Salad Bag
- 50g cooked multicolour quinoa
- 1 pack Mainland Creamy Feta
- 50g hazelnuts roasted and roughly chopped (Optional)
- 1 packet fresh mint leaves (Optional)

Method

1. Boil asparagus for 1 minute, cool down in cold water and slice lengthways.
2. Slice beetroot into 2 inch rings.
3. Place two thirds of salad on a large plate. Add cooked quinoa.
4. Add beetroot, sliced asparagus and Mainland Creamy Feta.
5. Sprinkle hazelnuts over the salad and add mint (if using).
6. Drizzle with a vinaigrette of your choice and mix through.