

Lunch 3

Roasted beet salad:

Beets and courgette tossed in olive oil and roasted with oregano and basil on a bed of spinach and topped with capsicum, tomatoes, and chickpeas.

GF

DF

V

VE

Ingredients

- 1x cup chopped beets
- ½ cup chopped courgette
- 2x tablespoons fresh oregano
- 2x tablespoons fresh basil
- 1x tablespoon olive oil
- 4x cherry tomatoes
- ½ cup diced yellow capsicum
- ¼ cup chickpeas



Courgette

See the directions for this recipe, the macronutrient breakdown and full nutrition panel on the following page.



Beetroot

Garden produce in this meal



Oregano



Tomatoes



Capsicum



Spinach



Basil

Instructions

1. Chop courgette and beets into small chunks and toss them in olive oil and oregano and basil.
2. Place on a baking sheet and roast on 180 degrees for 20-40mins.
3. Lay greens, tomatoes, and chopped capsicum in your bowl and top with roast veggies and chickpeas.

Roast beet salad

Nutrition Information

Serving Size: 1 Serving

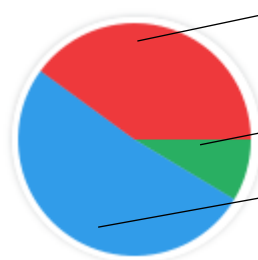
	Average Quantity per Serving	%Daily Intake*
Energy	1447.8 kJ	17 %
Protein	10.5 g	21 %
Fat, total	15.8 g	23 %
- saturated	2.2 g	9 %
Carbohydrate	33.1 g	15 %
- sugars	28.4 g	
- lactose	0 g	
- galactose	0 g	
- starches	6.6 g	
Dietary Fibre	14.1 g	47 %
Sodium	336.3 mg	15 %
Vitamin C	186.3 mg	
Vitamin A	1178.5 µg	
Calcium	153.1 mg	
Iron	5.1 mg	

*Percentage daily intakes are based on an average adult diet of 8700 kJ.

Per Serving



Spinach- grows quickly with little fuss and is a great source of iron making it a great salad base.



Fats: 15.8g (40%)

Protein: 10.5g (8.6%)

Carbohydrates: 33.1g (51.4%)