

Grapefruit, beetroot & avocado salad with toasted walnuts

Serves: 4

The colours of this salad are so beautiful and the contrasting texture and flavour of the buttery avocado, sharp tang of the grapefruit, crispness of the green leaves and the sweetness of the beetroot are delightful.

From the garden:

12 golf-ball sized beetroot
2 large pink grapefruit
50 g walnut halves
1 large avocado
4 handfuls salad leaves, washed and dried

From the pantry:

Olive oil for cooking
For the dressing:
1 tablespoon extra virgin olive oil
1 teaspoon walnut oil
½ teaspoon red-wine vinegar
Sea salt and freshly ground black pepper

Equipment:

Large baking dish
Kitchen knife and chopping board
Large salad bowl
Heavy-based non-stick frying pan
2 mixing bowls
Mixing spoon
Dessert spoon
Serving platter

What to do:

- Preheat oven to 180°C.
- Wash the beetroot and trim off the leaves. (Set the big leaves aside for braising but wash and dry any small ones to add to your salad.)
- Put the beetroot into the baking dish, fill it with water to a depth of 1 cm, then add a splash of olive oil and cover with foil. Bake for 45 minutes or until tender.
- Carefully carve the skin from each grapefruit. Holding a grapefruit in one hand over a large bowl to catch all the juices, slip your knife down one side of a single segment and then down the other side of the segment, cutting the flesh away from the white membrane. Drop the segment into the bowl and continue until both grapefruits are done. Squeeze the leftover 'skeletons' so that the juice falls over the segments.
- Toast walnuts in the frying pan over medium heat for about 5 minutes. Set aside.
- To make the dressing, mix the ingredients in a separate bowl and set aside.
- When beetroot are cool enough to handle, slip off the skins. Halve each beetroot and drop into the bowl with the dressing.
- Halve the avocado and remove the stone. Use the dessert spoon to scoop out the flesh and cut into 1 cm-thick slices.
- To serve, toss salad leaves with beetroot and place on a platter. Arrange the avocado and grapefruit around the beetroot. Taste the remaining dressing, season and add a little grapefruit juice if necessary and drizzle over salad. Scatter over walnuts and serve at once.

The GPT Group's Magic of Growth program is inspired by and designed to support the work of the Stephanie Alexander Kitchen Garden Foundation.

Established in 2004, the Foundation is leading the pleasurable food education revolution in Australia and beyond. It exists to engage and educate young children in growing, harvesting, preparing and sharing delicious, fresh, seasonal food. The mission and purpose of the Foundation are expressed through the innovative Kitchen Garden Program in primary schools nationally. For more information please visit www.kitchengardenfoundation.org.au

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