



## JAFFA ORANGE SALAD

Makes

2

Time

35  
mins

Level

MEDIUM

Kcal

350  
per portion

### You will need

- 3 x Jaffa oranges
- 1 x tbsp dijon mustard
- Rocket (washed and dried)
- 2-3 small beetroot
- 100g quinoa
- 60g walnuts
- 60g pecans
- 30ml balsamic vinegar
- 60ml extra virgin olive oil

### Our step by step guide

#### Step 1

Steam/boil the beetroot for 20 minutes, once cooled, thinly slice the beetroot.

#### Step 2

In a medium sized saucepan place the nuts and heat over medium heat, stir almost constantly until the nuts are lightly browned. Remove from pan and place on a cutting board, chop into bite-sized pieces.

#### Step 3

For the dressing: Zest one orange until you get 1 teaspoon, then juice the orange. Place the Jaffa orange juice with the zest in a container with the rest of the dressing ingredients, mix vigorously until well combined.

#### Step 4

In a large salad bowl add the salad ingredients, toss with about half the dressing.

#### Step 5

Enjoy!

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