

## ROASTED BEETROOTS WITH SHALLOTS & GARLIC



MINUTES TO PREPARE  
10



TIME TO COOK  
1 hour



SERVES  
2 as a main with  
salad or 4 as a  
side

### INGREDIENTS

**5 medium sized beetroots**,  
leaves removed and washed  
under cold water  
**1 head of garlic (full bulb)**, top  
removed and skin left on  
**2 large shallots**, peeled and left  
whole  
**2 tablespoons rapeseed oil**  
**1 tablespoon balsamic vinegar**  
**3 sprigs of thyme**  
**3 sprigs of rosemary**  
**A large pinch of Maldon sea  
salt**  
**A very good grind of black  
pepper**  
**Juice of 1/2 lemon**

### LET'S GET COOKING

- 1 Preheat the oven to 180/350/gas 4.
- 2 Top and tail the beetroots and peel, ensuring any residual mud has come off.
- 3 Cut the beetroots in to wedges by cutting them in half and then again into thirds. Scatter the beetroot wedges over a medium sized roasting tray.
- 4 Add in the peeled shallots and whole head of garlic. Scatter over the whole sprigs of rosemary and thyme.
- 5 Drizzle with rapeseed oil and balsamic vinegar. Season well with Maldon sea salt and freshly ground black pepper.
- 6 Cook for 55 minutes or until soft, turning twice with a spatula or wooden spoon whilst cooking.
- 7 Take the beetroots out of the oven. Using a knife, gently squeeze out garlic from the cooked head. This will now look like a paste. Smear it over the beetroots and and squeeze over lemon. Slice up shallots lengthways.,
- 8 Toss well with a spatula or wooden spoon. Pop back in the oven for another 5 minutes.
- 9 Using a knife, check that the beetroots are soft. Check for seasoning and add more Maldon sea salt, black pepper or lemon juice as required.

Serve hot or cold.

*"I've been trying really hard not to include feta in all my meals recently (!!) That said, this particular recipe would do very nicely with the addition of crumbled feta when you add the roasted garlic and lemon juice 5 minutes before the end of cooking"*