



# Pasta with beets and blue cheese sauce

20'  
Hands on

30'  
Cook Time

6-8  
Portion(s)

1  
Difficulty



## Method

- Preheat the oven to 200° C (390° F) set to fan.
- **Cut** the beets into 2-3 cm pieces and spread them in a baking pan.
- Cut the onion into 6 pieces, separate the layers, and add them to the pan.
- Cut the garlic into pieces and add them to the pan.
- Add the olive oil, salt, pepper, and bake them for 20-30 minutes.
- In a **pot** with boiling water, add some salt and the spaghetti. Boil the pasta for 2 minutes less than the packet's instructions.

For the sauce

- Place a **frying pan** over medium-high heat.
- Add the heavy cream along with the thyme and the oregano, and boil it for 2-3 minutes until reduced.
- Add the Roquefort grated or into small pieces, and stir for 1-2 minutes until the sauce thickens. Add salt, pepper, and mix.
- Transfer the spaghetti to the pan, mix well, and remove it from the heat. If the sauce is too thick, add a little water from the pot where the spaghetti boiled.
- Serve with the vegetables from the baking pan, pieces of the Roquefort, olive oil, pepper, and thyme.

## Ingredients

- 600 g beetroots
- 1 onion
- 2 clove(s) of garlic
- 2 tablespoon(s) olive oil
- salt
- pepper
- 400 g spaghetti, beetroot

For the sauce

- 300 g heavy cream 35%
- 1 tablespoon(s) thyme
- 1 tablespoon(s) oregano
- 150 g roquefort, or blue cheese
- salt
- pepper

To serve

- 50 g roquefort
- olive oil
- pepper
- thyme

## Διατροφικός πίνακας

Nutrition information per portion

434 Calories (kcal)	21.0 Total Fat (g)	13.0 Saturated Fat (g)	46.0 Total Carbs (g)
22%	30%	65%	18%
8.3 Sugars (g)	13.0 Protein (g)	3.8 Fibre (g)	0.72 Sodium (g)
9%	26%	15%	12%