



Beetroot pesto

15'
Hands on

15'
Cook Time

500 g
Portion(s)

1
Difficulty



Ingredients

- 400 g beetroots, boiled and peeled (net weight)
- 50 g toasted walnuts
- 1 clove of garlic
- 2 tablespoons balsamic cream
- 30 ml olive oil
- 1 good pinch of salt
- 1 good pinch of pepper
- grated zest of 1 lemon

To serve

- 1 loaf of bread
- beetroot pesto
- 200 g mozzarella, in slices
- basil leaves

Method

- Toast the walnuts in a 180°C (350°F) oven, for 5-7 minutes or in a pan.
- When ready, set them aside to cool.
- Beat all of the ingredients, apart from the oil, in a food processor. This should take about 2 minutes until the walnuts are broken up.
- Add the olive oil and beat until it is completely incorporated and you have a smooth mixture.
- Your beetroot pesto is ready. You can also add some grated cheese.

To serve

- Preheat the oven to 180°C (350°F) set to fan.
- Slice the bread diagonally and bake for 10-15 minutes until it is crispy.
- Allow 1-2 minutes for it to cool.
- On top of the bread slices spread the beetroot pesto, mozzarella slices, and basil leaves.

Διατροφικός πίνακας

Nutrition information per 100 gr.

168 Calories (kcal)	13.0 Total Fat (g)	1.6 Saturated Fat (g)	8.3 Total Carbs (g)
8%	19%	8%	3%
7.6 Sugars (g)	3.6 Protein (g)	2.4 Fibre (g)	0.28 Sodium (g)
8%	7%	10%	5%