



## Weekly Recipe Card

### Golden Beetroot, Leek, Fennel & Quail Egg Autumn Salad

#### Ingredients:

- 1 bag Abundant Backyard salad greens
- 1 fennel bulb, finely sliced
- 1 leek, finely sliced
- 4 medium yellow (or red) beetroot peel & dice
- 1-2 cloves minced garlic
- 2 tablespoons of olive oil
- 1 tablespoon of Tamari sauce
- 6 hard boiled quail eggs
- 2-3 sprigs fennel fronds
- 2 tablespoon coarsely crushed toasted walnuts
- ½ fresh peeled orange sliced for garnish
- Pink salt & Black pepper freshly ground

#### Dressing:

- ¼ teaspoon orange zest & ¼ cup juice
  - ⅛ teaspoon toasted sesame oil
  - ½ tablespoon olive oil
  - 1 teaspoon Dijon mustard
  - ½ teaspoon Tamari sauce
- Place all ingredients in a bowl, whisk to emulsify to creamy texture.

**Note:** This versatile dressing can be made in larger volume, kept refrigerated in a glass jar, shake well before using. Makes a great marinade for chicken, pork and beef.

#### Instructions:

Preheat your oven to 180 degrees Celsius. - Line a baking sheet with baking paper.  
Toss diced beetroot in 1 tablespoon olive oil and ½ tablespoon of Tamari sauce, season with a little salt & pepper, place on the baking sheet, roast for 40-60 minutes until the beets are fork tender. Remove from the oven.

Place quail eggs in boiling water, cook for three minutes, transfer eggs to a bowl of ice water to cool before gently peeling and slicing in halves.

While beets are roasting, in a pan over medium heat use remaining olive oil to sauté sliced leek, fennel and garlic until tender, season with a little salt towards the end.

Prepare Abundant Backyard salad greens on salad platter or individual plates. Dress salad greens with veggie mix, garnish with quail eggs, walnuts and fresh fennel sprigs to finish.

**Recipe serves 2 as a main or 4 as a side salad.**  
**Gluten-free, Dairy-free. Vegetarian.**

