

# Beetroot salad with meat free pops

Embrace meatless Monday with this beetroot salad recipe, a quick fix after a long day...



*Serves 4*

## Ingredients

- One box of Fry's Meat Free Pop
- Six medium sized beetroots, peeled
- 60ml of olive oil
- 10ml of Dijon mustard
- 30ml balsamic vinegar
- 5ml of sugar
- Salt and pepper
- 400g of rocket
- One x 410g tin of chickpeas, drained

## Method

1. Cook the Fry's Meat Free Pops following instructions on the back of the pack.

2. Place the beetroot in a large pot and cover with water, bring to the boil and cook for 20 minutes or until the beetroot can be pierced easily with a knife.
3. Drain and peel the beetroot once cooled slightly. Cut the beetroot into wedges.
4. Make a dressing by whisking together the olive oil, mustard, vinegar and sugar, season with salt and pepper. Set aside.
5. Toss together the rocket, pops, dressing, beetroot and chickpeas

*Recipe from Fry's Family foods for HSI / Africa*

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