

Orange, Avocado & Fresh Beetroot Salad

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Gather & Feast

Not your average salad - this one's bright, vibrant, and bursting with flavour and texture, yet still beautifully balanced. It's the ultimate festive showstopper: stunning to look at, delicious to eat, and made with simple, everyday ingredients.

SERVES 6-8 | **PREP TIME** 15 minutes

INGREDIENTS

Salad

- 2 handfuls mixed leaves
- 1/2 small fresh fennel bulb, very finely sliced with a mandolin or sharp knife (reserve fronds for garnish)
- 1 small fresh beetroot, peeled and very finely sliced into rounds with a mandolin or sharp knife
- 2 oranges (navel, blood orange, Cara Cara or a mix), skin sliced off using a knife, and orange sliced into 1cm rounds
- 1 firm ripe avocado, peeled and sliced into 8ths
- 100g goat cheese
- 1 tablespoon capers
- 2-3 tablespoons roasted slivered almonds

Dressing

- 2 tablespoons extra virgin olive oil
- Zest of 1 lemon
- Juice of 1/2 lemon
- 1 tablespoon maple syrup or honey
- 1 small shallot, finely diced (about 1 tablespoon)
- Pinch salt to taste
- Pinch of Aleppo pepper or chili flakes to taste, optional



METHOD

Make the dressing

- In a small jar, combine all dressing ingredients. Shake well to emulsify, or whisk together in a small bowl. Set aside until ready to use.

Assemble the salad

- Spread the mixed leaves over a large serving platter.
- Layer the fennel, beetroot, orange segments, and avocado over the leaves.
- Scatter over the goat cheese, capers, roasted slivered almonds and reserved fennel fronds.

Finish and serve

- Just before serving, spoon the dressing over the salad.

NOTES

For extra colour and flavour, use a mix of orange varieties such as blood oranges and Cara Cara.

If your beetroot is particularly firm, slice it with a mandoline for paper-thin pieces.

Goat cheese can be swapped for feta or omitted for a dairy-free version.

This salad is best assembled fresh and dressed right before serving to keep the leaves crisp.



Find the recipe and watch the video online:

<https://www.gatherandfeast.com/orange-avocado-fresh-beetroot-salad>

Let me know if you make the recipe! x @gatherandfeast