



KCAL*
283

NUTRITIONAL INFORMATION (by ration)

6,3	Protein
7,2	Carbs
24,9	Total fat
5,8	Saturated fat
15,7	Monounsaturated fat
2,2	Polyunsaturated fat
0,01	Cholesterol
2,1	Fiber
0,31	Sodium

ALLERGENS sulphites

* Kcal by ration



90'



4 PAX



VEGETARIAN



SALADS

BEETROOT AND FETA WITH VEGETABLE CHIPS

PONS

USE:



**PONS
SELECCIÓN FAMILIAR**
EVOO Arbequina



**PONS
GREEN OIL**
EVOO Arbequina



**PONS CITRIC
WITH ORANGE**
EVOO with Orange



**PONS BALSAMIC
VINEGAR**
IGP Balsamic Vinegar

INGREDIENTS

For the beetroot:

- 2 Beetroots (250g)
- 20 ml Pons Selección Familiar Arbequina EVOO
A pinch of salt and pepper

For the vinaigrette:

- 50 g Sweet onion
- 40 ml Pons Green Oil
- 40 ml Apple juice
- 5 ml Pons Balsamic Vinegar
- 5 g Mustard
A pinch of salt

For the chips:

- 40 g Clean, peeled sweet potato
- 40 g Fresh spinach leaves
- 250 ml Pons Selección Familiar Arbequina EVOO
A pinch of salt and pepper

To finish the salad:

- 80 g Feta cheese
- 20 ml Pons Citric with Orange
A pinch of pink pepper

UTENSILS



Bowl



Oven with
tray



Backing
paper



Whisk



Mandoline

ELABORATION

- BEETROOT:** Wash and dry the beetroots. Cut them into segments and drizzle over Pons Selección Familiar Arbequina EVOO, sprinkle with salt and pepper and roast them in the oven at 190°C in a tray lined with baking parchment for 30 to 40 minutes. Put to one side. 🔥
- VINAIGRETTE:** Slice the onion into very small pieces (brunoise) and whisk all the ingredients of the vinaigrette together until we have a glossy sauce. Add salt and set aside.
- SWEET POTATO CHIPS:** Wash and peel the sweet potatoes and cut them using the mandolin on the thinnest thickness possible. Fry the sweet potato slices in the oil at about 160/170° C until crisp. Drain and season with salt and pepper. 🔥
- SPINACH CHIPS:** Take the leaves off the stems, wash and dry the whole spinach leaves well (with a salad spinner). Dress the leaves with a little Pons Selección Familiar Arbequina EVOO making sure the leaves are all well covered. Lay the well-oiled leaves out carefully on a baking tray lined with greaseproof paper. Preheat the oven to 180°C (upper and lower parts - without fan) and put the tray in for about 10 to 15 minutes until the spinach leaves are crispy. Season and set aside in a dry place. 🔥
- FETA CHEESE:** Cut the cheese into very small regular squares and dress with Pons Citric Orange.
- SERVING:** Place the beetroot at the bottom of the plate and dress with the vinaigrette. On top of the beetroot arrange the sweet potato and spinach chips having fun with the colours. On top of everything, using a spoon, spread the feta cheese marinated with Pons Citric with Orange and season with a pinch of pink pepper.



High heat



Medium heat



Low heat