

Cold As Ice

Smoked beetroot w/ chilled green herb gazpacho,
horseradish 'snow' & cucumber salad



A vibrant and delicious winter salad with a refreshing flavour punch to bring the ingredients to life.

LIFE WITHOUT FOODIE LIMITS WITH...

SENSODYNE

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Ingredients (serves 2)

For the salad:

- * 100g raw beetroot, peeled
- * 10ml hickory smoke essence
- * Olive oil, salt & pepper
- * ½ a cucumber, halved, seeds removed, then shaved into ribbons with a peeler
- * A handful of lambs lettuce leaves
- * Really good extra virgin olive oil

Good to know...

265 kcal per serving

This recipe contains none of the key allergens.

For the green herb gazpacho:

- * 1 cucumber, peeled and seeds removed
- * 150ml of vegetable stock
- * 15g of fresh basil leaves
- * 15g of fresh chives, finely chopped
- * 75g of Oatly crème fraiche
- * Sea salt
- * A pinch of sugar
- * 1 tablespoon of sherry vinegar
- * A few drops of green pepper Tabasco sauce

For the horseradish 'snow':

- * 100g coconut yoghurt
- * 10ml maple syrup
- * 10g horseradish - freshly grated

Method

First make the horseradish snow: Mix together all the ingredients and pop in the freezer in a small container. Once the mix has frozen solid, use a fork to scrape into shavings. Re-freeze until ready to use.

Secondly roast your beetroot: Heat the oven to 200C. Cut the beetroot into eighths, toss the slices in the hickory smoke essence, a little olive oil and some salt and pepper, then roast for 20 – 25 minutes until tender. Allow to cool completely before serving.

Now move on to the green herb gazpacho: Place all the ingredients in a blender or food processor and blend until smooth. Pass through a sieve and chill in the fridge.

To assemble the dish: Pour some of the green herb gazpacho into the base of your bowl. Arrange the cucumber ribbons, lambs lettuce and beetroot pieces on top and drizzle with a little extra virgin olive oil. Finish the dish at the table by adding the horseradish snow at the very last minute.

Optional: Serve w/ sour dough bread to mop up the gazpacho.

Now you're in the #SensodynersClub you can enjoy life without foodie limits!

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