

Beetroot, asparagus and fetta spring salad

Chinese Food Medicine

Beets are in a fantastic spring salad as they cleanse the liver (spring organ), nourish the blood and lubricate the intestines to clear out the bowels. They also calm the spirit and strengthen the heart which is a good thing to do in this season to prepare for summer, the organ of the heart. Beetroot is beneficial for anaemia, irritability, restlessness, constipation and liver intoxication from drugs and alcohol.

4-5 large beetroots, quartered

350g asparagus, halved

200g feta cheese, crumbled

1 cup loosely packed fresh mint leaves

½ cup roasted walnut halves

Coconut oil

Lemon dressing;

1 clove garlic

¼ cup olive oil

1 ½ tablespoons lemon juice

What to do;

1. Roast beets in coconut or olive oil in the oven at 180 for about 45 minutes or until cooked
2. Make lemon dressing in a screw top jar; shake well
3. When beets are nearly done, steam or pan fry asparagus in coconut oil
4. Combine the dressing and all ingredients together in a large bowl