



THE INTERNATIONAL CENTRE

Shaved Golden Beet, Soy Bean and Walnut Salad with a Lemon Herb Vinaigrette

Chef Tawfik's
RECIPE
★★★★★



30 MINUTES



SERVES 4

INGREDIENTS

2 Large Golden Beets, peeled & julienne,
or sliced on a spiralizer if available

75g Walnuts

100g Shelled Soy Beans

For the Vinaigrette

100ml Extra Virgin Olive Oil

50ml Freshly Squeezed Lemon Juice

2 tbsp Freshly Chopped Parsley

1 tbsp Freshly Chopped Thyme

1 tsp Freshly Chopped Rosemary

Kosher Salt and Freshly Ground
Black Pepper

DIRECTIONS

1. Whisk a good pinch of salt and a few turns of the pepper mill into lemon juice to dissolve salt. Drizzle in olive oil while whisking. Vinaigrette will not be emulsified.
2. Whisk lemon vinaigrette and mix with julienned beets. You may not need all the vinaigrette, so taste as you go. Let sit at room temperature for at least 20 minutes and up to an hour. If making longer ahead of time, cover and refrigerate up to 6 hours before.
3. Before serving, add mixed herbs, walnuts and soy beans. Mix well and adjust seasoning with salt and pepper to and some extra vinaigrette, if needed, to taste.

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INSTRUCTIONS FOR RECIPE CARD

1. Print on 8.5" by 11" cardstock paper.
2. Cut along the dotted line using scissors.