

Beetroot and Parma Salad with Orange Dressing

Ballyknocken Cookery School

INGREDIENTS

- extra virgin olive oil, for frying
- 100g prosciutto di Parma
- 100g French beans, sliced diagonally into thirds

For the dressing

- ½ red chilli, finely chopped
- ½ cup extra virgin olive oil
- 1 tsp Dijon mustard
- 1 orange, juice and zest
- ½ tsp sugar
- salt and ground black pepper
- generous bunch of rocket or your favourite lettuce and spinach leaves, washed and trimmed
- 2 tbsp chopped chives
- 2 beetroot, steamed and thinly sliced
- 2 tbsp toasted hazelnuts, chopped

INSTRUCTIONS

1. Heat oil in a frying pan over medium heat and fry off the strips of prosciutto di Parma until crispy. Set aside on a clean plate.
2. Bring a saucepan of water to boil and blanch the beans for 3 minutes until slightly tender.
3. Drain and refresh by placing in cold water.
4. To prepare the dressing, whisk together the chilli, oil, mustard and orange juice and zest. Add a pinch of sugar to taste and season with salt and freshly ground black pepper.
5. To assemble the salad, place the rocket leaves on a large platter and arrange the beetroot on top. Sprinkle the beans in between. Spoon some of the dressing over and pour the rest into a small jug to serve on the side. Lightly break up the crispy prosciutto di Parma and arrange on top. Sprinkle over the chives and toasted hazelnuts.

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