



## 10 Day Alkaline Challenge

### Menu Plan - Day 6 - Recipes

#### Lunch

##### Warm Roasted Beetroot Salad

###### INGREDIENTS:

- 2 large beetroots, quartered
- 1 courgette, sliced
- 1/2 butternut squash, peeled & chopped
- 1 red onion, peeled & roughly chopped
- 1 tsp hempseed / rapeseed or olive oil
- sea salt to season
- 2 large handfuls of fresh rocket leaves
- 1 carrot, grated
- 50g goats cheese (optional)
- 1 tsp chai seeds
- 1 tbsp pumpkin seeds
- 1 tsp pine nuts



###### METHOD:

1. Pre-heat the oven to 180C / Gas Mark 4
2. Place the beetroot, courgette, butternut squash and red onion in a roasting dish and drizzle over the oil, turning the vegetables so they are evenly covered. Add a pinch of salt to season
3. Place in the oven and roast for 35-40 minutes or until the vegetables have cooked through
4. Once cooked, place the vegetables on top of a bed of rocket leaves. Add on top the grated carrot and goats cheese and toss the salad well

5. Sprinkle over the seeds and nuts and lightly toss once more before serving

**NOTE:** You can drizzle over a light homemade dressing or simply use some of the juices from the roasting dish