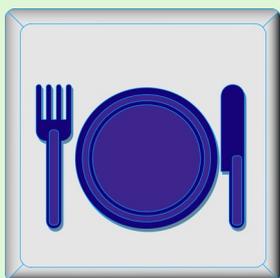


## Info | Healthy options



In Sal Hanvey's 2<sup>nd</sup> healthy options recipe she takes us through how to make Goats cheese & Beetroot Bon Bons. This delicious and nutritionally balanced food goes very well with September's Falafel Bites & Tahini Sauce and again is an ideal food for a business lunch side order if you'd like to really impress your attendees!

Sal is a regular contributor on U105FM on the Frank Mitchell show talking all things health and nutrition.

She has a real passion for finding ingredient substitutes and alternatives for those people with food intolerances, or allergies, without compromising on nutritional value or taste.

### Today's recipe - **Goats cheese & Beetroot Bon Bons**

Makes about 10 bon bons....

#### **Ingredients....**

Splash of milk of choice  
1 egg  
Panko bread crumb (I use gluten free)  
Sunflower oil  
Rocket or similar  
Walnuts (optional)  
Honey or maple or agave  
Fresh Chives or dill  
2 x Vacuum pack of beetroot  
150g minimum goats cheese  
Greek yoghurt  
Apple cider vinegar  
Onion  
Garlic



#### **Method:**

Chop and pat dry with kitchen roll, around 100g of vac pack beetroot. Put into a bowl along with 150g of soft goats cheese. Squish together with your fingers and roll into bowls around the size of a standard croquette. Put into the freezer for 15 mins or so.

In the meantime, beat 1 egg and a splash of milk into a bowl.

Take 70g panko bread crumb and place into another bowl.

Put a good glug of sunflower oil into a frying pan.

Now for the dressings and garnishes.....

Dry fry the broken walnut pieces for a few moments taking care not to allow them to burn. After a few moments, add a drizzle of honey over the nuts in the frying pan and set aside for now.

Half fill your lunch box with rocket or similar, some chives/ dill and the nuts.

Take all the following ingredients and place them in a food pro-cessor or use an immersion hand blender until smooth and transfer to a serving ramekin.

1 cup of cooked beetroot  
1/2 onion  
1 clove garlic  
2-3 tbsp honey  
2 tbsp apple cider vinegar  
1/2 cup greek plain yoghurt  
salt and pepper

Take the bon bons from the freezer and dip each one in the egg milk mix and then into the panic crumbs and once the oil is hot enough, fry for about 2-3 mins, turning and frying 5 at a time. Place on kitchen roll to dry and transfer to the air tight lunch box and drizzle over some more honey at time of serving.

\*\*\*This recipe can be:

**Vegetarian**  
**Nut Free**  
**Gluten Free**  
**Wheat Free**



**Sal Hanvey**  
Nutrition Consultant  
T: 07801476048  
W: [www.naturalhealthni.co.uk](http://www.naturalhealthni.co.uk)  
E: [sal@naturalhealthni.co.uk](mailto:sal@naturalhealthni.co.uk)



Northern Ireland  
**Safety Group**