

Serves 4

## Beetroot and arugula salad

500 g cooked beetroot  
 1 package arugula  
 200 g farmers' goat cheese  
 20–30 berries (e.g. raspberries, blueberries, currant)  
 Parmesan cheese  
 2 packets of pine nuts  
 Raspberry vinegar  
 Olive oil  
 A little mustard  
 Pepper and salt

1. Slice the beetroot into thin slices and lay them evenly on the plates, season with salt and pepper. Distribute the arugula on the beetroot and then use a small spoon to scatter clumps of goat cheese over the greens. Then also arrange the raspberries on the arugula.

2. Combine the raspberry vinegar, olive oil, mustard, pepper and salt to make a dressing.

3. Roast the pine nuts in a dry pan until they are golden brown. Then scatter them over the salad, spread the dressing over the salad and grate some parmesan over each plate.

Bon appétit!

Instead of berries, you can also use figs or orange segments – they taste just as good.



#Healthy

*"This salad is one of my girlfriend's favorite dishes. I like to experiment with recipes, and one of the results was this salad, which we have eaten regularly since."*

Thomas Heuer

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**Important for me in my life:** family, friends and good health

**My favorite travel destination:** I very much enjoy vacationing in Spain. I like its climate as well as the country and the people. And I love tapas!

