

Beet and vinaigrette with the thermomix

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For the beets :

600g of water

2 Small beets

1 tbsp of coarse salt For the dressing salad :

4 tbsp of oil

1 cup of mustard

1 tbsp of balsamic vinegar

1/2 garlic clove

Salt and Pepper

Parsley

For the beets :

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Peel the beets and put them in the varoma.

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Put the water and the coarse salt in the bowl of the thermomix. Put the varoma on top of bowl and set 30 minutes, temperature varoma, speed 1.

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At the timer, reserve the beetroot and drain the water out of the bowl.

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Peel the 1/2 cloves of garlic and put it in the bowl of the thermomix and set for 5 seconds at speed 5.

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Put all ingredient in the dressing, and adjust 45 seconds speed 3.

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Cut the beet into cubes and put it to cool in the refrigerator.

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Pour the dressing over the beet.

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Sprinkle with parsley.

Has enjoy fresh