

Beet and Grapefruit Tartare



Discover our delicious beet and grapefruit tartare, a bold fusion of Mediterranean flavors. Perfect for entertaining guests while offering a healthy and balanced dish! A refreshing appetizer that will delight your taste buds!

Preparation 50 min

Cooking 10 min

Waiting 15-45 min

Servings 4

Nutrition Facts (per serving)

Calories 170

Fat 10

Carbohydrates 18

Fibre 3

Protein 3

Sodium 390

Ingredients

- 30 ml (2 tbsp) extra-virgin olive oil (reserved from frying)
- 30 ml (2 tbsp) capers
- 4 large garlic cloves, thinly sliced lengthwise
- 1 lb (450 g) cooked beets, cut into ½ cm cubes

- 15 ml (1 tbsp) apple cider vinegar
- 15 ml (1 tbsp) mayonnaise
- 10 ml (2 tsp) Dijon mustard
- 1 ml (¼ tsp) salt
- 45 ml (? cup) grapefruit supreme, cut into ½ cm cubes
- 15 ml (1 tbsp) finely chopped cilantro
- 15 ml (1 tbsp) crumbled feta cheese

Preparation

1. In a small skillet over medium heat, heat the oil with the capers and garlic. Adjust the temperature to keep the oil simmering, for about 8 to 12 minutes, or until the garlic is golden and the capers burst.
2. Drain and set aside the garlic and capers, separately from the oil.
3. In a medium bowl, mix the beets, shallot, reserved olive oil, mayonnaise, Dijon mustard, apple cider vinegar, and salt.
4. Gently fold in the grapefruit segments into the beet mixture.
5. Cover and let marinate in the refrigerator for 15 to 45 minutes.
6. Divide the beet mixture among 4 small plates.
7. Top each plate with cilantro, crumbled feta cheese, and the fried garlic and caper mixture.
8. Serve with crusty bread, vegetable chips, or enjoy as a fresh salad. Enjoy!

Notes

Can be stored in the refrigerator for 2-3 days. Does not freeze.



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