

Savory Beet Green & Ricotta Cakes

with Beet & Parsley Salad

This unique dish takes advantage of everything beets have to offer—the leafy greens fleck the savory pancakes and the sweet roots make a jewel-like side salad. Ricotta cheese in the batter creates a fluffy texture, while toasted walnuts on the side add a touch of crunch. For added protein, we used amaranth, a tiny seed that looks like a grain.



Ingredients

- 8 Baby Beets With Greens
- 3 Tablespoons Walnuts
- 2 Cloves Garlic
- 1 Yellow Onion
- 1 Shallot
- 1 Bunch Parsley
- 2 Tablespoons Champagne Vinegar
- ¼ Cup Amaranth
- ½ Cup Part-Skim Ricotta
- ¼ Cup Grated Parmesan Cheese
- 1 Egg
- ¼ Cup Whole Wheat Flour
- 1 Teaspoon Baking Powder

Makes 2 Servings

About 535 Calories Per Serving



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Recipe #297

Instructions



Prepare the ingredients:

Heat 2 pots of salted water to boiling on high. Wash and dry the fresh produce. Trim the green tops off the beets (rinsing again to remove any residual dirt, if necessary) and roughly chop. Leave the beetroots whole. Roughly chop the walnuts. Peel and mince the **shallot**, then place it in a bowl with the **champagne vinegar**. Peel and small dice the onion. Pick the parsley leaves off the stems and reserve the stems.



Cook the amaranth:

When the water in 1 pot boils, add the **amaranth**. Cook 27 to 30 minutes, or until tender. Drain thoroughly.



Cook the beets:

When the water in the 2nd pot boils, add the **beets** and **parsley stems**; cook 23 to 25 minutes, or until tender when pierced with a knife. Drain the beets, discarding the parsley stems. When cool enough to handle, but still warm, use a paper towel and your fingers to peel the skins off the beets. (Be careful as the beets will stain.) Trim and cut the beets into wedges. In a bowl, toss them with the **shallot-vinegar mixture** and about **2 tablespoons of olive oil**. Season with salt and pepper to taste.



Toast the walnuts & cook the beet greens:

While the amaranth and beets cook, toast the walnuts and cook the vegetables. In a large pan, toast the **walnuts** on medium-high 1 to 3 minutes, or until toasted and fragrant, stirring; transfer to a bowl. In the same pan, heat a little olive oil on medium-high until hot. Add the **onion** and **garlic**; cook about 2 minutes, or until softened. Stir in the **chopped beet greens** and cook 4 to 5 minutes, or until softened; season with salt and pepper to taste. Transfer to a plate and wipe out the pan.



Make the amaranth cakes:

In a large bowl, combine the **ricotta**, **egg**, **Parmesan cheese**, and $\frac{1}{4}$ cup of water. Stir until blended, then add the **whole wheat flour**, **baking powder**, and **cooked amaranth**. Stir in the **cooked beet green mixture** and season with salt and pepper. In the reserved pan or a non-stick pan, heat a little olive oil on medium until hot. Once hot, add large spoonfuls of batter to make about six 3-inch pancakes. Cook 3 to 4 minutes per side, or until browned and cooked through, flipping with a spatula.



Finish your dish:

Very roughly chop half the **parsley leaves** before adding them to the **marinated beets** along with the **walnuts**. Toss to coat and season with salt and pepper to taste. To plate the dish, divide the pancakes between 2 plates. Serve with the beet and walnut salad. Garnish with the **remaining whole parsley leaves**. Enjoy!