

## Rainbow Mango Salad with Salmon (serves 2)

*(pan, small bowl, whisk)*

1 ripe mango, ½-inch cubes  
1 each, red beet, roasted, ½-inch cubes (Recipe follows)  
1 each, golden beet, roasted, ½-inch cubes (Recipe follows)  
1 navel orange, peeled and separated into segments  
¼ each, red onion, julienne  
¼ cup, fresh mint, finely minced  
1 cup, Greek feta cheese, ½-inch cubes  
4 each, 4 oz tuna filets, seared, cooled and sliced (Recipe follows)  
Vinaigrette, to taste

### Assembly:

Put the beets in a bowl with 1 cup of the orange segments, the mint and the shallots. Add the vinaigrette, season with salt and pepper, and toss gently.  
Transfer the salad to a platter or 4 individual plates.

### Roasted Beets

2 each, large red beets and golden beets, washed but not peeled  
2 tablespoons olive oil  
Coarse salt  
Freshly ground black pepper

1. **Preheat the oven** to 400 F.
2. Toss beets with the oil
3. Season with salt and pepper.
4. Put the beets in a roasting pan and cover the pan with foil. Roast in the oven until tender, about 1½ hours. (They are done when a sharp, thin-bladed knife can easily pierce through to their center.)
5. When the beets are cool enough to handle, peel them and cut as necessary

### Vinaigrette

4½ teaspoons extra-virgin olive oil  
2 teaspoons balsamic vinegar  
1 teaspoon freshly squeezed orange juice

1. In a small bowl, whisk together the oil, balsamic vinegar and orange juice.
2. Season with salt and pepper, TASTE

### Seared Salmon

1. Season salmon with salt and pepper
2. Put oil in a hot saute pan until HOT (we want the salmon to be still raw inside)
3. Sear Tuna on all sides until brown
4. Allow to rest

(Chef Alexia)