

# Salads

## AVOCADO & GRAPEFRUIT SALAD WITH PLUM MAYO DRESSING



- 2 Avocados, peeled and sliced
- 1 Lemon
- 2 Ruby grapefruit, peeled, segmented and seeds removed
- 1 Cucumber sliced lengthways into thin strips
- 125 ml Light mayonnaise
- 2 Yellow plums, finely chopped
- 1 Punnet fine sprouts
- Salt and pepper to taste
- Mint sprigs for garnishing

Arrange cucumber strips in center of a plate, 4 strips per plate. Carefully arrange slices of avocado and grapefruit segments on the plate.

In a bowl mix plums into the mayonnaise and add some juice from the lemon (taste test for balance of sweet and sour taste and adjust if necessary)

Spoon dressing over salad and add salt and pepper to taste. Garnish with sprouts and sprigs of mint.

*Recipe supplied by Gary Opperman, Mateya Safari Lodge.*

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