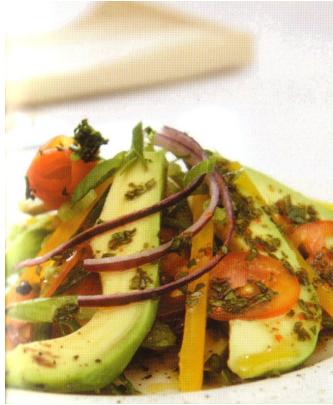


Salads

GUACAMOLE SALAD



Serves 6 as an accompaniment to a main meal

Salad

3 large avocados, halved pitted and peeled

Juice of 1 lemon

1 large red onion, finely sliced

2 yellow or green peppers, finely sliced

2 large red tomatoes or 6 larger cocktail tomatoes, cut into rounds

2 sticks of celery, finely sliced

3 spring onions, finely chopped

Dressing

60 ml olive oil

10 ml fresh lemon juice

10 ml white vinegar

5 ml dried chilli flakes or cayenne pepper

Dash of Tabasco sauce

5 ml Salt

Freshly ground black pepper

Pinch of sugar

Large handful of coriander

Cut the avocado halves into 1cm slices horizontally, pour lemon juice over avo. Carefully remove from the lemon juice and layer half the avocado on a serving platter.

Top with slices of onion followed by peppers and tomatoes, sprinkle slices of celery. Repeat the layers retaining some avocado slices and onion rings for garnish. Sprinkle on the spring onions.

For the dressing combine the olive oil, lemon juice and vinegar. Add chilli flakes, Tabasco sauce, seasoning and sugar and mix well. Season to taste and then add the coriander and mix.

Just before serving, mix dressing well and pour over salad.

Recipe by Hilary Biller, food editor of Sunday Times Travel and Food.
