

Salads

TROPICAL AVOCADO AND MANGO SALAD



2 Avocados, cut into slices lengthways
2 Mangoes, cut same as avocado

Garnish

Pineapple slices
Curly endive or mignonette lettuce
Julienne strips of carrot, celery, capsicum
Zucchini and cucumber
Cherry Tomatoes

Dressing

100g Fresh pineapple, chopped
20ml Salad vinegar
1 Teaspoon honey
Oil

To make dressing, blend all ingredients until smooth, adding only enough oil to make a reasonably thick dressing. Taste for seasonings.

To serve, place avocado and mango slices in a fan shape on the plate. Pour over prepared dressing. Garnish plate with pineapple slices, curly endive or mignonette lettuce leaves and decorate with tropical flowers, julienne vegetables and cherry tomatoes.

Alternatively, chop mangoes and avocados into chunks, toss with dressing and serve in a hollowed out fresh pineapple half, as a centrepiece.
