Avocado and Grapefruit Winter Salad

Serves 2

Ingredients

1 tbsp lime juice

1 tbsp sugar

1 tbsp water

2 tbsp rice vinegar

1 tbsp fish sauce or soy sauce

1 Thai chili pepper, cut into fine rings (or ½ tsp crushed hot pepper flakes)

½ nappa cabbage or Chinese cabbage (approx. 500 g/1.1 lb), thinly sliced

¼ cup fresh chopped cilantro

1 pink grapefruit

1 avocado, cut into strips

1 oven-roasted chicken breast (approx. 400 g/0.9 lb)

Fresh cilantro leaves to serve

Preparation

1. Prepare the dressing by mixing the lime juice with the sugar, water, vinegar and fish sauce or soy sauce. Add the Thai chili pepper or hot pepper flakes.
2. Mix half of the dressing with the napa cabbage and chopped cilantro and set aside to marinate at room temperature. Save the rest of the dressing for the last step of the recipe.

Chef's Tip

To roast the chicken breast, place it on a lightly oiled baking dish. Cover with a sheet of parchment paper. Roast at 400°F for approximately 30 minutes (check doneness after 20 minutes).

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3. Slice off both ends of the grapefruit and peel it down to the pulp (no white film), following the natural curve of the fruit. Slice the grapefruit into fairly narrow rings (approx. ¼ in/½ cm thickness), and cut each ring into quarters.

4. Divide the cabbage onto two large serving plates, and arrange the grapefruit and avocado pieces on each plate. Shred the chicken breast coarsely and distribute the pieces on the plates. Garnish with a few fresh cilantro leaves, drizzle the rest of the dressing, and serve.