

Avocatata Salad by Bob le Chef



Serves 4

Preparation

1. Remove the peel and pith from the oranges using a serrated knife.
2. Use the same knife to cut the orange into segments (or supremes) over a large bowl.
3. Add the avocados, cranberries, walnuts, green onions, salt and pepper to the bowl.

Ingredients

- 2 oranges
- 4 avocados, medium dice
- ½ cup (125 ml) dried cranberries
- ½ cup (125 ml) walnuts
- 2 green onions, thinly sliced
- 2 tbsp. (30 ml) Dijon mustard
- ½ cup (125 ml) olive oil
- 2 tbsp. (30 ml) orange juice
- 2 tbsp. (30 ml) lemon juice
- Salt and pepper, to taste
- Optional: a few leaves of fresh herbs, chopped (basil or coriander)

Chef's Tip

After removing all of the orange segments, I usually keep the empty membranes and use the juice in the dressing. This avoids waste and has a fresher taste than juice from a carton!

Credit

Bob le Chef

