

Mango, Avocado and Macadamia Salad



Photo credit: Recipe produced in conjunction with Nutrition Australia Qld

Serves 6

Ingredients

- 2 medium mangoes, diced
- 2 medium avocados, diced
- 1 ½ tablespoons lime juice
- 1 ½ tablespoons extra virgin olive oil
- 1 garlic clove, crushed
- 1 long red chilli, deseeded and sliced
- 150g rocket leaves (approx. 5 cups)
- ¼ cup mint leaves, finely chopped
- ¼ cup macadamia nuts, roughly chopped

For a video on how to make the recipe, visit:

<https://youtu.be/vllo37tqHHA>

Method

1. To make the dressing, combine the lime juice, extra virgin olive oil, crushed garlic, and sliced chilli in a small bowl.
2. Place the rocket in a large bowl and add the finely chopped mint leaves, diced mango and avocado. Add the dressing and gently toss to combine.
3. Sprinkle with chopped macadamia nuts to serve.

Notes

- Adapt the recipe to suit your preferences or what you available. For example, replace rocket leaves with baby spinach or mixed lettuce, or replace macadamia nuts with another type of nut.
- If mangoes aren't in season, try frozen (defrost) or tinned (in juice). Drain excess liquid prior to adding mango to the dish.

Nutrition information

1.5 serves of vegetables and 0.3 serves of fruit per serve

Pers serve: 948kJ; 2.8g protein; 16.2g fat; 13.9g carbohydrates; 16mg sodium; 6.9g fibre.

Per 100g: 482kJ; 1.4g protein; 8.2g fat; 7.1g carbohydrates; 8mg sodium; 3.5g fibre

For the more great recipes, see:

<https://hw.qld.gov.au/blog/boost-your-recipes/>