



**The Gathered Green**

ABN: 60 149 134 643

P: 0409 841 048

jane@thegatheredgreen.com.au

## AVOCADO AND ORANGE SALAD

Thank you to foodnetwork.com for the inspiration towards this recipe, and for the picture.



Serves 6

### Ingredients

- ¼ onion (sliced)
- ¼ cup freshly squeezed orange juice
- 1 lime, juice of
- 1 tablespoon honey (preferably raw)
- 2 teaspoons Dijon mustard
- ½ teaspoon rock salt
- Pepper to taste
- 3 tablespoons olive oil
- 2 large handfuls of baby spinach leaves and/or gourmet lettuce leaves.
- 2 avocados, sliced
- 2 oranges, segmented
- 1/3 cup of chopped hazelnuts





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## Method

Soak the sliced onion in cold water for about 10 minutes.

Place chopped hazelnuts on tray in medium oven to roast (approx 10 minutes, but watch they don't burn)

Wisk together the orange juice, lime, honey, Dijon mustard, salt and pepper. Wisk in olive oil.

Drain the onion; toss with spinach leaves/lettuce leaves, avocados, orange segments and dressing.

Top with toasted hazelnuts.

Enjoy!

Jane

