

# AVOCADO & ROMAINE SALAD

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Light, quick and fresh!

## SALAD

### INGREDIENTS

1 cup cherry tomatoes (halved)  
1 tablespoon chives (fresh, chopped)  
1 1/3 cup avocado (chopped)  
3 cups romaine hearts (chopped)  
2 teaspoons parsley (chopped)  
1 teaspoon dill (chopped)  
Drizzle balsamic vinegar (to taste)  
Drizzle extra virgin olive oil (to taste)

## METHOD

Step 1: PREPARE THE INGREDIENTS; start by cutting tomatoes, roughly chop the chives, parsley, and dill, add everything to a bowl. Roughly chop the romaine lettuce and add to the bowl, toss gently and season with a little salt and pepper, place in a serving platter

Step 2: Gently peel the avocados, and cut into rough chunks and add these to the tomato and lettuce salad.

## SALAD DRESSING

### INGREDIENTS

2 tbsp red wine vinegar  
6 tbsp extra virgin olive oil

## METHOD

Step 1: PREPARE THE SALAD DRESSING: Whisk together the olive oil and vinegar, season with a little salt & pepper, drizzle over the prepared salad.

# THE COOKERY

by The Secret Jozi Chef