

AVOCADO & ROMAINE SALAD

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