



Macadamia nuts, mango and avocado salad



SERVINGS COURSE

6 people Salad

PREFERENCE

Gluten Free

PERFECT FOR

Celebrations

SKILL LEVEL

Easy

INGREDIENTS

Dressing • 2 tbsp lime juice

- 2 tbsp macadamia oil
- 2 tbsp olive oil
- 1 tbsp honey
- 1 clove garlic finely chopped to a paste
- 1 tsp Dijon mustard

Salad

- 2 mangos halved, peeled and sliced into strips
- 2 avocados halved, peeled and cut into strips
- 200 g salad leaves
- 50 g fresh summer herbs such as coriander, dill or basil
- 1 long red chilli finely chopped
- 1/2 cup macadamia pieces roasted
- 200 g prawns (optional) medium cooked, peeled

INSTRUCTIONS

1. For the dressing, combine the ingredients in a small jar or bowl. Season to taste with salt and black pepper. Shake or whisk to combine.
2. For the salad, place the mango, avocado, salad leaves, herbs and chilli in a large bowl. Pour the dressing over and gently toss to combine. Sprinkle with the roasted macadamia pieces and serve immediately.

NUTRITION

Calories: 331 kcal

Carbohydrates: 23g

Protein: 3g

Fat: 28g

Saturated Fat: 4g

Polyunsaturated Fat: 2g

Monounsaturated Fat: 20g

Sodium: 26mg

Potassium: 582mg

Fiber: 7g

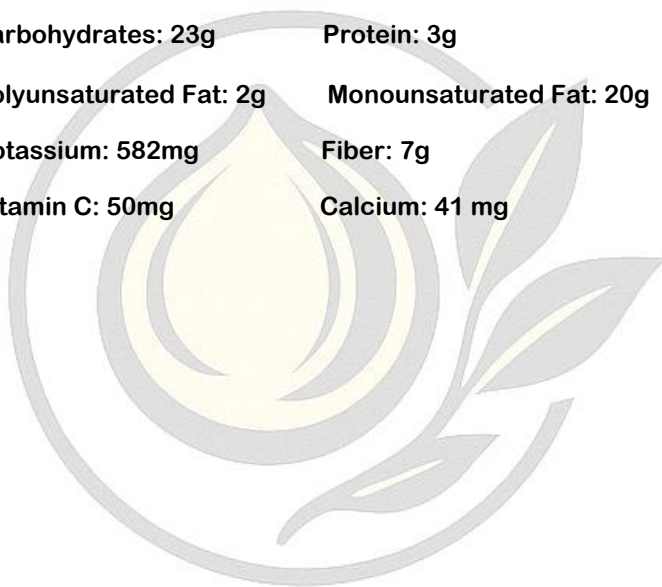
Sugar: 14g

Vitamin A: 33871U

Vitamin C: 50mg

Calcium: 41 mg

Iron: 1 mg



NUTSCO
LIMITED

PREMIUM MACADAMIA
PROCESSING