



AVOCADO, SPINACH & PAWPAW with ORANGE & CUMIN DRESSING

□ **Ingredients (serve 6) :**

- 1 bunch of young spinach leaves (or morogo), stems removed, washed and well dried
- 2 ripe avocados, peeled, stoned and sliced
- 30ml of lemon juice
- 1 medium ripe pawpaw, peeled, seeded and diced
- 1 red onion, thinly sliced

For the Orange & Cumin Dressing:

- 125ml of olive oil
- 30ml of red wine vinegar
- 90ml of orange juice (about 1 1/2 oranges)
- 30ml of lime or lemon juice
- 15ml of cumin seeds, lightly roasted in a dry pan
- salt, milled black pepper

RECIPE

1- Arrange the spinach or morogo in a large bowl. Brush the avocado with lemon juice and arrange on top with the pawpaw and onion.

2- Whisk together the dressing ingredients. Pour over the salad just before serving.

Enjoy your meal.



Other entrées :

