

Cranberry, Kale & Smashed Avocado Salad



Did you know?

- Cranberries grow on long running vines in sandy bog's or marshlands.
- Cranberries are harvested by flooding the bog, the berries rise to the top of the water.



alison's
pantry™

www.alisonspantry.co.nz

alison's
pantry™

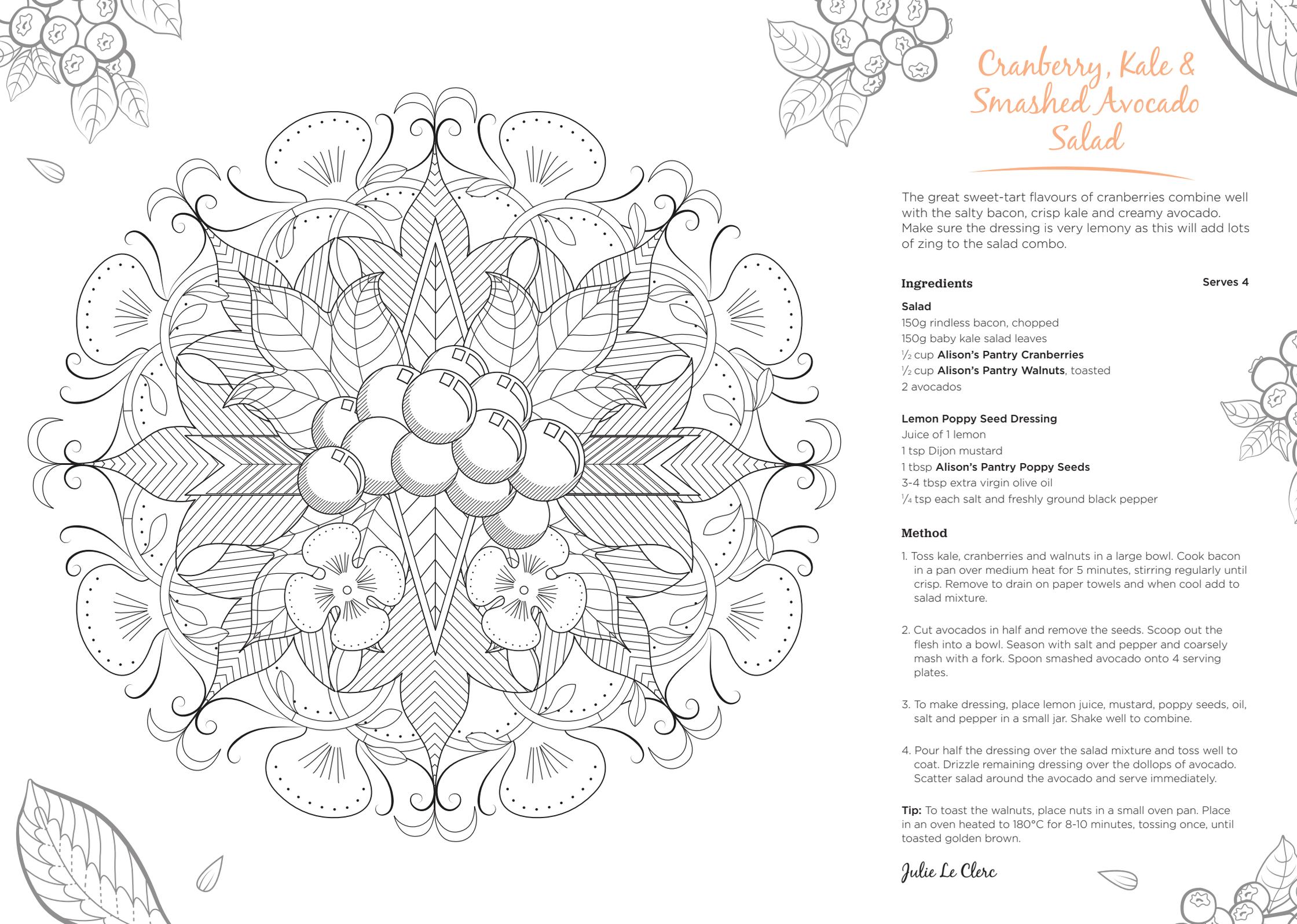
From the
Earth
we grew

The colouring recipe series

Week 2

Cranberries





Cranberry, Kale & Smashed Avocado Salad

The great sweet-tart flavours of cranberries combine well with the salty bacon, crisp kale and creamy avocado. Make sure the dressing is very lemony as this will add lots of zing to the salad combo.

Ingredients

Serves 4

Salad

150g rindless bacon, chopped
150g baby kale salad leaves
½ cup **Alison's Pantry Cranberries**
½ cup **Alison's Pantry Walnuts**, toasted
2 avocados

Lemon Poppy Seed Dressing

Juice of 1 lemon
1 tsp Dijon mustard
1 tbsp **Alison's Pantry Poppy Seeds**
3-4 tbsp extra virgin olive oil
¼ tsp each salt and freshly ground black pepper

Method

1. Toss kale, cranberries and walnuts in a large bowl. Cook bacon in a pan over medium heat for 5 minutes, stirring regularly until crisp. Remove to drain on paper towels and when cool add to salad mixture.
2. Cut avocados in half and remove the seeds. Scoop out the flesh into a bowl. Season with salt and pepper and coarsely mash with a fork. Spoon smashed avocado onto 4 serving plates.
3. To make dressing, place lemon juice, mustard, poppy seeds, oil, salt and pepper in a small jar. Shake well to combine.
4. Pour half the dressing over the salad mixture and toss well to coat. Drizzle remaining dressing over the dollops of avocado. Scatter salad around the avocado and serve immediately.

Tip: To toast the walnuts, place nuts in a small oven pan. Place in an oven heated to 180°C for 8-10 minutes, tossing once, until toasted golden brown.

Julie Le Clerc