

Crisp swede and avocado salad

with orange dressing



Preparation time: 30

Cooking time: None

Serves 6

** Easy

3 small Tasmanian swedes

2 oranges

1 small butter lettuce

1 avocado, sliced

1 teaspoon finely grated orange zest

2 tablespoons fresh orange juice

1 tablespoon sherry vinegar

1/2 teaspoon ground cumin

salt flakes

3 tablespoons light olive oil

Peel swedes and cut into fine matchsticks. Put into iced water.

Grate 1 teaspoon zest from orange and reserve.

Cut orange flesh into segments and put in a bowl.

Separate lettuce leaves, rinse and pat dry. Put in to the bowl with orange segments, avocado and drained swede.

Whisk together orange zest and juice, vinegar, cumin, salt and oil. Pour over salad and toss.

To find out more about buying, storing and preparing your Tassie vegetables just visit www.tasteisournature.com.au