



Beetroot & Avocado Salad (Serves 2 - 4)

紅菜頭牛油果沙律 (二 - 四人份量)

Vinaigrette Ingredients:

1 small garlic clove
 $\frac{1}{4}$ cup fresh coriander, washed & spun dry
3 tbsp fresh lemon juice
 $\frac{1}{2}$ tsp sugar
 $\frac{1}{4}$ tsp salt
 $\frac{1}{2}$ cup olive oil

汁料：

蒜頭 1 粒
芫茜 - 洗淨、瀝乾 $\frac{1}{4}$ 杯
檸檬汁 3 湯匙
糖 $\frac{1}{2}$ 茶匙
鹽 $\frac{1}{4}$ 茶匙
橄欖油 $\frac{1}{2}$ 杯

Salad Ingredients:

1 beetroot, washed, peeled, cooked & thinly sliced

1 firm-ripe avocado, thinly sliced
 $\frac{1}{4}$ small red onion, sliced thin
Boston lettuce leaves (from about 1 heads)

沙律材料：

紅菜頭 - 洗淨、去皮、煮熟 1 個
切片
牛油果 - 切片 1 個
紅洋蔥 $\frac{1}{4}$ 個
波士頓生菜 1 個

Make Vinaigrette:

Process garlic puree, coriander with lemon juice, sugar, and salt. Add oil and blend until dressing is emulsified.

Make Salad:

1. Gently toss onion and vinaigrette together until well combined.
2. Combine beetroot, avocados and red onion together.
3. Line salad plate with lettuce leaves and mound avocado mixture on top.

做法：

醋油沙律醬汁 - 將蒜頭、芫茜、加入檸檬汁、糖、鹽放入攪拌器攪拌，開動著攪拌器慢慢倒放入油，直至醬油乳化

沙律

1. 輕輕將洋蔥，醋油醬汁混和
2. 加入紅菜頭，牛油果及紅洋蔥
3. 將沙律拌於碟上，再將牛油果醬放在生菜上即可