

Mango, Coconut & Avocado Salad

This is a delicious layered salad to accompany your platters of prawns and crab on the Christmas lunch table. Don't be afraid of the chilli. The sweetness of the mango and the saltiness of the fish sauce will balance the flavours.

Start with a Nuoc Cham dressing – it's easier to make than it is to pronounce and it will last for as long as it stays hidden in the fridge.

NUOC CHAM INGREDIENTS

- 2 whole red chillies
- 4 cloves of garlic
- 3 tablespoons of caster sugar
- 1 ½ tablespoons of fish sauce
- 6 tablespoons of fresh lime or lemon juice

DIRECTIONS

1. Thinly slice the chillies and crush the garlic.
2. Place in a bowl and muddle with the sugar, fish sauce and lime or lemon juice.
3. Allow to stand to dissolve the sugar and develop the flavours of the chilli and garlic.

SALAD INGREDIENTS

- 50g shredded coconut
- 2 large (or 3 small) avocados
- 2 mangoes – Kensington Prides are great at present
- 1 red onion
- ½ bunch mint
- ½ bunch coriander
- 2 baby cos lettuce
- 50g cashews (roasted and salted)
- 50g peanuts (roasted and salted)

DIRECTIONS

1. Set the oven at 160°C and toast the coconut until golden brown. This will only take 5 to 8 minutes so be careful. Allow to cool.
2. Snap off the leaves of cos discarding any bruised or wilted leaves.
3. Remember the sweetest leaves of the cos are the innermost ones so don't waste them. Arrange the leaves on a large serving platter.
4. Remove the skin and seed from the avocados and cut lengthwise into generous wedges.
5. Scatter the avocado wedges on top of the lettuce.
6. Remove each cheek from the mango seed.
7. Peel the skin off and again slice lengthways into generous wedges. Arrange on the platter.
8. Thinly slice the onion into rings and scatter over the mango layer.
9. Pick the herbs off the stems. Sprinkle the herbs and the nuts over the salad.
10. Keep the salad in the fridge for up to four hours until you are ready to serve.
11. Finally spoon over the dressing and then sprinkle with the toasted coconut.

Salad will serve six to eight people.