

MANGO, AVOCADO, AND HAZELNUT SALAD

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SERVES 4

INGREDIENTS

4 ounces roasted hazelnuts
2 avocados
1 large firm mango
7 ounces baby arugula

FOR THE DRESSING:

3 tablespoons hazelnut oil
2 tablespoons lime juice
2 scallions, finely chopped
1 large red chili, finely chopped
½ teaspoon sea salt
¼ teaspoon ground black pepper

METHOD

1. Preheat oven to 350 degrees F. Scatter hazelnuts on baking sheet and toast for 3-4 minutes, watching carefully so they do not burn. When cooled, roughly chop (halves, quartered, and so forth). Set aside.
2. To make the dressing, combine all the ingredients in a bowl, stir to combine, and set aside.
3. Slice the avocados into wedges and set aside.
4. Slice the mango and using a small, sharp knife, cut the flesh away from the peel. Cut the flesh into wedges, like the avocado.
5. On the serving dish, arrange the avocado and mango throughout the arugula. Sprinkle the hazelnuts on top and serve with the dressing on the side (or drizzle with dressing just before serving).