

Asian Dragon Fruit Salad

Serves: 6

Prep time: 15 minutes

Cook time: 0 minutes



1 ½ serves per portion

Ingredients

Salad:

- 4 cups mixed salad leaves
- 1 avocado, cubed
- 1 pink dragon fruit, sliced into wedges
- ½ red onion, finely sliced
- 1 bunch coriander, stems and leaves roughly chopped
- 1 red apple, julienned
- 1 carrot, peeled into julienne strips
- 3 tablespoons granulated peanuts

Dressing:

- 3 tablespoons plum sauce
- 3 teaspoons sesame oil
- 2 teaspoons salt reduced soy sauce
- 2 teaspoons rice wine vinegar
- 1 ½ teaspoons fresh ginger, grated
- 1 lime, juiced

Method

ADD all salad ingredients except peanuts to a large bowl.

COMBINE all dressing ingredients in a screw top jar and shake well to combine.

POUR dressing over salad just before serving. Sprinkle with peanuts and toss to combine.



Everyday Food

Recipe courtesy of the Country Kitchens 2023 Product of the Year Recipe Collection – Dragon Fruit