




Mango & Avocado Salad with Sticky Balsamic Vinegar

Serves 4

Ingredients

Generous handful of pine nuts
Olive oil for toasting
2 small Fairtrade avocados (not too ripe)
3 small or medium, ripe Fairtrade mangoes
1 ripe Fairtrade lime
Good quality balsamic vinegar

Method

-  Mix the pine nuts with a little olive oil and place in the oven on a baking tray to toast for five minutes, or until nicely golden.
-  Meanwhile, peel the avocados and mangoes and slice them lengthways into generous pieces. Mix and arrange them on a plate – but avoid damaging the delicate fruit.
-  Add a generous squeeze of lime juice, a drizzle of the stickiest balsamic vinegar you can get your hands on, and scatter the toasted pine nuts on the top.

