

Exotic Caribbean Avocado salad

From Good Food Magazine
submitted by Elizabeth Mandel

Ingredients

- 2 Tbsp pumpkin seeds
- 1 ripe papaya
- 1 ripe avocado
- 50 g bag trimmed and washed watercress
- half small pack fresh mint
- juice of 1 lime
- 1 Tbsp olive oil

Preparation

1. Dry-fry the pumpkin seeds in a frying pan for a few minutes, tossing and turning them until they look toasted. Tim them out of the pan and cool.
2. Cut avocado and papaya in fairly large cubes (papaya larger than avocado). Combine in large bowl with pumpkin seeds and watercress. Chop about 1 Tbsp of the mint leaves and set aside. Pick the remaining leaves from the stalks and tear them into the bowl.
3. Mix the lime juice and olive oil with the rest of the chopped mint to make a dressing, and season with salt and pepper to taste. Pour over the salad and gently mix all ingredients together. Taste and add more salt and pepper if needed. Transfer to serving platter.

