

Avocado Salad with Miso-ginger Dressing and Savoury Granola



Recipe courtesy of Horticulture Innovation Australia Limited.

Ingredients

4 ripe Hass avocados

Watercress sprigs, to serve

1/4 cup coarsely chopped natural almonds (for savoury granola)

2 tbsp pepitas (for savoury granola)

2 tsp each black sesame seeds and white sesame seeds (for savoury granola)

2 tbsp tamari (for savoury granola)

1 1/2 tbsp white miso (for miso-ginger dressing)

1 1/2 tbsp rice vinegar (for miso-ginger dressing)

1 tbsp tamari (for miso-ginger dressing)

Juice of 1 lime, or to taste (for miso-ginger dressing)

1 tbsp finely grated ginger (for miso-ginger dressing)

1 garlic clove, finely chopped (for miso-ginger dressing)

2 tbsp vegetable oil or grapeseed oil (for miso-ginger dressing)

Method:

1. To make the savoury granola, preheat oven to 180C and line a baking tray with baking paper. Combine ingredients in a bowl, mix well to combine then spread on the prepared tray in an even layer. Bake, stirring occasionally, for 8-10 minutes until evenly toasted. Cool completely and store in an airtight container for up to 1 week.
2. To make the miso-ginger dressing, whisk miso, rice vinegar, tamari and lime juice in a bowl until smooth. Add ginger, garlic and oil, whisk to combine, then thin to a drizzling consistency if necessary with cold water.
3. Halve the Hass avocados, remove the seeds then use a large spoon to scoop the flesh from the skin in one piece. Cut into wedges, arrange on a serving platter and drizzle with miso-ginger dressing to taste. Scatter with watercress sprigs and savoury granola to taste and serve.