



# Lighten UP

Get the season off to a good start with this fresh menu

## BABY SPINACH AND GRILLED AVOCADO SALAD WITH MINT VINAIGRETTE

(Serves 4)

### FRESH

- 1 clove garlic
- 15ml fresh mint
- 30ml mixed fresh herbs
- 1 small red onion
- 3 avocados, peeled
- 1 packet baby spinach leaves
- 125g strawberries
- 60ml pomegranate rubies
- 5 radishes
- 30ml fresh mint

### STORE CUPBOARD

- 5ml Dijon mustard
- 30ml white wine vinegar
- 15ml honey
- 90ml olive oil or avocado oil
- salt and milled black pepper

SOUTH AFRICAN  
**GARDEN AND HOME**