

## Citrus Avocado Salad

2 oranges  
1 grapefruit  
1 avocado, diced  
juice of one lime  
1 tablespoon sherry vinegar or red wine vinegar  
3 tablespoons olive oil  
salt and pepper  
1 tablespoon fresh mint leaves  
pinch flaky sea salt, optional

1. Whisk the lime juice, vinegar and olive oil in the bottom of a shallow serving bowl. Season to taste with salt and pepper.
2. Cut off a thin slice of peel from the top and bottom of the orange, so it can sit flat on the cutting board. Cut off the peel, cutting from top to bottom, following the curve of the fruit. Remove only the peel and white pith, not the flesh of the orange. Repeat with the remaining orange and grapefruit. Thinly slice the oranges and grapefruit into rounds. Remove any seeds and add to the dressing. Toss to coat.
3. Dice the avocado and gently toss into the salad. Sprinkle with fresh mint leaves and flaky salt and serve.

Serves 4

Equipment needed:

Cutting board, knife, bowl, whisk, measuring spoons, serving bowl