

Strawberry, melon & avocado salad

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Nutty and slightly sweet sherry vinegar is a natural partner for strawberries. This composed salad makes a cool kickoff for dinner or a nutrition-packed lunch on its own.

Ingredients (serves 4)

- ¼ cup honey
- 2 tbsp sherry vinegar or red-wine vinegar
- 2 tbsp finely chopped fresh mint
- ¼ tsp freshly ground pepper
- Pinch of salt
- 4 cups baby spinach
- 1 small avocado, peeled, pitted and cut into 16 slices
- 16 thin slices rockmelon (about ½ small rockmelon), rind removed
- 1 ½ cups hulled strawberries, sliced
- 2 tsp sesame seeds, toasted (see Tip)

Method

Whisk honey, vinegar, mint, pepper and salt in a small bowl.

Divide spinach among four salad plates. Arrange alternating slices of avocado and rockmelon in a fan on top of the spinach. Top each salad with strawberries, drizzle with dressing and sprinkle with sesame seeds.

Recipe Tips & Notes: To toast sesame seeds, heat a small dry skillet over low heat. Add sesame seeds and stir constantly until golden and fragrant, about two minutes. Transfer to a small bowl and let cool.

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