

*Salut!*

Recipe of the Month – August 2015

*Mango & Avocado Salad with Champagne Vinaigrette*



In honour of our two guests on the programme in August, Marc-Antoine Leclère and Aurore Mango, here's the perfect recipe that uses a little leftover champagne to make a vinaigrette that works really well with mango and avocado to make a delicious salad that would please them both, Aurore being not much of a meat-eater and Marc-Antoine coming from the Champagne region! This necessitates using a little left-over *Champagne* or *Blanc de Blancs* (which there rarely is in this household as it usually all gets drunk) but you can perhaps put some aside the next time you have some bubbles!

**For the vinaigrette you will need:**

*1 tablespoon left-over Champagne or Blanc de Blancs*  
*1 teaspoon Dijon mustard*  
*4 tablespoons orange juice (about half an orange)*  
*1 tablespoon lime juice (about half a lime)*  
*2 tablespoons olive oil*  
*2 tablespoons finely chopped coriander*  
*1 red chilli pepper, finely chopped without seeds*  
*1 clove garlic, finely chopped*  
*salt and pepper*

**For the salad you will need:**

*1/2 red onion, sliced finely*  
*6 cups rocket or baby spinach leaves*  
*1 mango, peeled and cut into long slices*  
*1 avocado, peeled and sliced*  
*1 tablespoon lime juice*

**Directions**

- 1.** Combine all the ingredients for the salad dressing in a jar, close it tight and shake until the ingredients are well mixed.
- 2.** Soak the onion slices in warm water with a dash of salt and 1 tbs lime juice for about 10 minutes.
- 3.** Rinse and drain the onion slices.
- 4.** Toss the salad leaves with half of the vinaigrette.
- 5.** Add the avocado slices, mango slices and onion slices to the salad mix, drizzle the remaining vinaigrette on top.
- 6.** Serve immediately. *Bon appétit!*