

## papaya salad

*This salad has been something that has graced a North Coast lunch table for many years. It's an adaptation of a recipe that we got from a very inspiring food-loving family friend, Morag. The beauty of this salad is it is sweet, savoury, crunchy and oh so satisfying. Often a side that people aren't certain of, but it's sure to become a staple in your home or when you're entertaining once you've tried it.*

SERVES 4 TO 6

### salad

2 ripe papayas  
150 g baby spinach, rough chopped  
2 avocados, cubed  
Sugar-free peanut brittle

### dressing

5 ml (1 tsp) English mustard  
½ large red onion, diced  
125 ml (½ cup) apple cider vinegar  
30 ml (2 Tbsp) papaya seeds  
125 ml (½ cup) honey or jaggery  
Salt and black pepper

1. Peel the papayas and slice them, spooning the seeds out and setting them aside for the dressing.
2. Arrange the sliced papayas, baby spinach and avocados on a platter.
3. For the dressing, pulse all of the ingredients together, except the diced red onion. Remove from the blender and whisk the diced red onion into the dressing. Season to taste.
4. Drizzle the dressing over the salad and top with crunchy shards of peanut brittle.

*Also, papaya seeds have been used for centuries in medicine, as they are high in antioxidants and reduce inflammation. Even more reason to love this recipe!*

