

## **Avocado Triannon**

A great starter or light lunch dish.



James Brown, MCGB

### **INGREDIENTS (to serve four)**

2 ripe hass avocados  
50g smoked salmon  
75g best quality prawns  
1 small ripe Canteloupe melon  
8 sprigs of fresh dill  
low fat mayonnaise  
1 100g tub of greek 0% fat yoghurt  
pinch of curry powder  
fresh ground black pepper  
olive oil  
salt  
1 un-waxed lemon  
1 medium orange  
mixed washed salad leaves

### **METHOD**

Remove the prawns from their packaging and allow to defrost naturally: this will retain their flavour. Chop the smoked salmon into 1cm squares and place into a large mixing bowl. Prepare the melon by peeling then balling with a medium parisienne spoon. Add to the bowl. Chop 4 of the sprigs of dill and add to the mixture. Prepare the avocados by slicing them in half around the stone with a sharp knife. Twist and separate the 2 halves. Take a dessert spoon and slide it between the skins & flesh of the avocados: this should remove the skin in 1 easy operation. Chop the avocados into 1cm cubes and add to the bowl. Add the Greek yoghurt and enough low fat mayonnaise to bind the mixture. Season with freshly ground black pepper, curry powder and the finely grated zest of the lemon. Stir thoroughly and carefully with a rubber spatula so as not to break up the ingredients. Taste & add salt if required.

### **SERVING SUGGESTION**

Remove the rind from the orange & lemon and remove the segments with a small, sharp knife. Pour the juice that will be left over onto the washed mixed salad leaves along with a little salt, pepper & olive oil. Mix to combine. Arrange the salad onto 4 serving dishes and spoon the triannon mixture on top. Garnish with sprigs of dill and citrus segments. Serve with chilled champagne for a special occasion!

### **NOTES**

- To neaten presentation, spoon the mixture into 75 mm ring moulds, 2/3 full. Roughly tear the salad leaves, combine with the dressing ingredients and press on top of the ring mould. Carefully remove the ring and serve.
- You can add soft blue cheese such as Dolcelatte, Gorgonzola or St Agur, chopped into pieces as a tasty variation.
- Use the best quality smoked salmon & prawns you can find: the difference will be worth the extra money.
- Ensure the melon and avocado are at the peak of ripeness, and wash the dill before using. If you do not have a parisienne spoon (baller) just dice the melon into the same sized pieces as the avocado.
- The mixture, once made, will keep in a refrigerator for up to 2 days.

