

Avocado Mango Carpaccio



Prep time: 15 minutes

Cooking time: none

Servings: 4

Ingredients

- 3 ripe mangos (cut into very thin slices).
- 1 ripe avocado (cut into thin slices).
- 2 cups of microgreens such as arugula.
- 1/4 cup chopped raw pistachios.

Vinaigrette:

- 1 shallot.
- 1 lemon juice (allow shallot to sit in lemon juice for at least 10 minutes before adding the rest of ingredients to get rid of that sharp onion taste).
- 2 tbsp extra virgin olive oil.
- 1 tbsp maple syrup.
- 1 tbsp dijon mustard.
- Salt and pepper to taste.
- 1 tbsp chopped mint.

- 1 tbsp chopped cilantro.
- 1 tbsp chopped basil.

Directions

- Combine ingredients for vinaigrette and stir into microgreens
- Thinly slice mango and avocado and place slices in a circular pattern on plate.
- Top mango and avocado slices with dressed microgreens and chopped pistachios.

Courtesy of Thetastefulblonde. See video here:

<https://www.instagram.com/reel/C9xKCSUyred/?igsh=MTc4MmM1YmI2Ng%3D%3D&epik=dj0yJnU9UXplRWNDT3pmZlZ6Nk9CSThONXR2OWJjdHZUaW5YNE8mcD0wJm49M21MNHl5c3FKNlVPWEtRWFE0eXZvdyZ0PUFBQUFBR2daQ2hF>