



## Avocado and Sumac Salad with Noodles AND AVOCADO OIL



### INGREDIENTS

#### Salad

200g carrots, julienned and pickled ahead of time (see **TIPS** for method)  
125g Rice vermicelli, prepared as per pack instructions  
2 avocados, halved with skin and seed removed  
2 baby cos lettuce, washed and quartered  
150g rocket  
200g black beans  
1 golden shallot, finely sliced  
250g green papaya, shredded  
200g cucumber, halved and sliced on an angle  
125g cherry tomatoes, halved  
1/2 cup mint leaves, whole  
1/2 cup Thai basil leaves, whole  
\*60g toasted pistachios, roughly chopped

\*You can buy toasted pistachios. Or to toast them yourself, buy shelled and unsalted pistachios, and lightly pan fry until gently toasted.

#### Serves 4

**Complexity - simple**

**15 minutes prep, 1 hour marinate**

**8 minutes cook**

#### Dressing

2 tbsp Plenty Avocado Oil  
2 tbsp lemon juice  
2 tbsp water  
2 tsp fish sauce  
4 tbsp sugar  
2 tsp sumac  
2 tsp Dijon mustard  
1-2 cloves garlic, finely grated, to taste

#### METHOD

1. Add all dressing ingredients to a jar and shake well. Set aside and allow it to sit at room temperature. This makes sure the sugar has time to dissolve and all ingredient flavours to blend.
2. In a large mixing bowl, toss together all salad ingredients except for the noodles, avocado, and cos lettuce. Set aside.
3. In a separate mixing bowl, drizzle a few tablespoons of the salad dressing through the noodles and toss well.
4. Serve a nest of the rice vermicelli noodles onto four plates and add a quarter of cos lettuce to each. Top with the mixed salad, dividing evenly onto each plate and finish with half an avocado.
5. Drizzle generous amounts of dressing across the salad, lettuce, and avocado. Finish with Plenty Avocado Oil.

You can find a selection of our "everyday gourmet" oils at Woolworths. Our Walnut and Macadamia oils are also available at Coles. To find out where else you can buy our oils go to: <https://www.plentyfoods.com.au/where-to-find-plenty-oils/>



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### AND AVOCADO OIL

#### TIPS

- We've made this recipe vegan, but you can add grilled bacon, chicken, or pork for more protein if you like.
- Double the salad dressing recipe and store half in the fridge to drizzle onto prawns, chicken, or eggs throughout the rest of the week.
- Make pickled carrots ahead of time. Allowing them to chill before serving intensifies the flavour and texture. In a saucepan over a medium heat, mix one cup each of water, white sugar and rice wine vinegar. Add one teaspoon of mustard seeds plus sea salt to taste (we used one teaspoon). Bring to a simmer, allowing sugar to dissolve. Remove from heat and let it cool a little, just enough to work with. Add julienned carrots to a jar and pour the warm liquid over the top of the carrots. Let them sit like this at room temperature for half an hour, then refrigerate for another half an hour. Drain once cold and add to the salad.
- Make extra pickled carrots and keep them in the fridge in the pickling brine; or swap out for daikon or radish. Combined with Plenty Avocado Oil drizzles, they make a great addition to any salad.



Plenty is Australia's largest producer of cold pressed oils and we were the first in the world to press Macadamia. We used advanced technologies and processes to ensure purity and wholesomeness. Even our refined Safflower oil (developed with CSIRO using gene suppression technology) uses no extreme heat or chemicals in the process. We work with local growers who demonstrate sustainable practices.