



Layer Salad with Creamy Macadamia

WITH AVOCADO DRESSING & FLATBREAD



INGREDIENTS

Flatbread

375g self-raising flour (extra flour for kneading and rolling out)
1 tsp Salt
1 tsp white pepper, ground
1 tsp mustard, ground
1 tsp baking powder
1 Tbsp Plenty "Heart Smart" Safflower Oil
375g Plain or Greek yoghurt

4 cloves of garlic, crushed
1/2 cup of Plenty Safflower Oil

Macadamia & Avocado Dressing

1/2 cup plain or Greek yoghurt
1 avocado, roughly chopped
2 tbsp Plenty Macadamia Oil
2 cloves garlic, chopped
1/2 tsp salt or to taste
Pepper to taste
2 tbsp fresh dill leaves, chopped

Serves 8

Complexity - easy

30 minutes prep

1 hour proving

15 - 30 minutes batch cooking bread

15 minutes cook and assemble salad

Salad

2 small lettuce heads (butter, gem or similar), leaves washed & picked
200g bocconcini, roughly torn
160g pancetta
1 cup basil leaves, picked
300g mini tomatoes, any kind, cut in halves
1 red onion, cut into rings, you might not use all of it, but this gives you choices for ring size in the salad building stage
3 Lebanese cucumbers, made into ribbons using a vegetable peeler. Only use the parts that make beautiful ribbons. But don't waste the off cuts, let them shine by adding them to soda or tonic water for a refreshing drink.

METHOD

Flatbread - make these first

1. Mix dry ingredients together well in a large mixing bowl. Add Plenty Safflower Oil and yoghurt and mix on low with an electric mixer using a dough hook until the ingredients are well combined, mix for a further minute or two. Or mix by hand using a spoon, then place onto a flour dusted surface and knead for a minute or two or until all of the ingredients come together. Set aside for an hour in a flour lined bowl with a plate on top to prove.
2. Combine crushed garlic and Plenty Safflower Oil and set aside.
3. Uncover dough, which will have increased in size, divide the dough in half, then half again and divide each quarter into three dough balls. Roll out onto a floured board and

(See overleaf for the rest of the steps and Salad method)

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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using either your hand or a rolling pin to make a rough round shape about 2 mm high. Brush with crushed garlic and Plenty Safflower Oil on both sides.

4. Grill on BBQ or frying pan at a medium to high heat for a minute or two on each side until golden brown and cooked through. Set aside for serving.

Salad & Dressing

1. Make the macadamia & avocado dressing first by adding all ingredients (except dill) to a small blender and blitz until smooth. Taste and add more salt and pepper to taste if you like. Fold through dill leaves and set aside.
2. Preheat the oven to 190°C and place pancetta onto lined cookie trays in single layers. Cook for 15 minutes, turning twice to make sure it crisps.
3. While the pancetta is in the oven, build layered mini salad towers onto a large serving plate using one lettuce leaf as the base for each tower. This way each person can pick up a flatbread, scoop up their personal layered salad tower, add it to the bread and have a ready-made salad wrap to fold and devour.
4. Our salad layers were in this order, more or less. Lettuce leaf base, red onion rings, cucumber ribbon folded, dollops of avocado & macadamia dressing, another couple of red onion rings, dollops of bocconcini, more dressing, scatterings of basil leaves, pancetta, and a tomato half or two, finished with more red onion, bocconcini, dressing and basil.
5. Serve the platters with extra macadamia & avocado dressing so your friends and family can pile on plenty of flavour.



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. We work with local growers who demonstrate sustainable practices.