


# Recipe: Dukkah-Crusted Avocado & Citrus Salad

## Ingredients:

 15 minutes

- 1 ripe avocado, sliced
- 3 tbsp Dukkah
- 1 orange or grapefruit, segmented
- 2 cups mixed salad greens
- 1 tbsp olive oil
- Juice of ½ orange
- 1 tsp tahini
- Sea salt & pepper to taste



## The Flavour Fix - Dukkah

Unlike many spice blends or condiments, traditional Dukkah contains very little salt, making it an excellent low-sodium flavour enhancer. The toasty, earthy profile helps reduce the need for extra salt without sacrificing taste —great for heart health and blood pressure.



## Instructions:

1. Gently press avocado slices into the Dukkah until well-coated.
2. Lightly toast the crusted avocado slices in a dry pan (optional) for added crunch.
3. Whisk together olive oil, orange juice, tahini, sea salt, and pepper.
4. Assemble the salad: greens, citrus segments, avocado, and drizzle with dressing.
5. Finish with a pinch more Dukkah over the top for visual texture and flavour.