

# Wild rocket, avocado & crisp prosciutto salad



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**Preparation:** about 20 minutes

**Cooking:** about 35 minutes

**Serves:** 4

- 8 thin slices prosciutto
- 2 medium just-ripe avocados
- 75g wild rocket leaves
- 8 (about 200g) bocconcini cheese, drained and thickly sliced (check cheese weight)
- 2 medium vine-ripened tomatoes, roughly chopped
- 1/4 cup extra virgin olive oil
- 1 tbs balsamic vinegar
- Salt and ground black pepper

1. Preheat a grill on high heat. Line a grill tray with foil. Place prosciutto in a single layer on tray. Grill for 1–2 minutes on each side until crisp at the edges. Transfer to a plate lined with paper towel and set aside to cool. Break prosciutto in pieces. Set aside.
2. Peel and slice avocados lengthways. Arrange avocados, rocket, bocconcini and tomatoes on a serving platter or individual plates. Top with prosciutto.
3. To make balsamic dressing, combine oil, balsamic vinegar and salt and pepper to taste in a screw top jar. Shake until well combined. Drizzle salad with dressing and serve.



### Avocados

- Avocados contain fat, but it's 'good' unsaturated fat that contains some essential fatty acids needed for healthy membranes around all body cells.
- The richest source of vitamin E among fruits and vegetables. Vitamin E is an antioxidant that helps keep the membranes around every cell in a healthy state.
- A good source of vitamin B6. This vitamin has many functions and helps the body use the amino acids from proteins in muscles.