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# KITCHEN CONNAISSEUR

## *Crisp Greens with Connaisseur's Curried Dressing*



The dressing makes this salad! It's exceptionally good with salads containing fruit, such as the spinach, orange and green mango salad below. Serves 8.

### *ingredients*

#### DRESSING

<b>3 Tbsp</b>	Onion, chopped
<b>1 Tsp</b>	Salt
<b>1/2 Cup</b>	<b>Curry and Cream Sauce</b>
<b>3 Tbsp</b>	<b>Raspberry Wine Vinegar</b>
<b>1 Tsp</b>	Lemon or Lime Juice, freshly squeezed
<b>2/3 Cup</b>	<b>Basil Flavoured Walnut Oil</b>

#### SALAD

<b>6 Cups</b>	Spinach, washed, trimmed, dried and broken into pieces
<b>2 Tbsp</b>	Cilantro, coarsely chopped
<b>2</b>	Navel Oranges, peeled and sectioned
<b>1</b>	Green Mango*, peeled, pitted, and cut into bite size strips
<b>1</b>	Ripe Mango, peeled, pitted, and cut into bite size strips

### *instructions*

1. In a blender, blend the onion, salt, Curry and Cream Sauce, Raspberry Wine Vinegar, and lemon or lime juice until smooth. Gradually add the Basil Flavored Walnut Oil and continue blending until the dressing thickens. Cover and refrigerate.
2. Toss the spinach and cilantro together. Place in a salad bowl. Top with the orange sections and mango pieces. Pour the dressing over the spinach. Allow to sit for 10 minutes before serving.

*\*Green Mangos have a crisp texture and distinctive flavour. If you can not find one use a green apple or any seasonal fruit.*