

Andalucian Mountain Salad



This delicious starter evokes all of the sights, smells, and sounds of the Summer yoga retreat that I enjoyed in the Axarquian region of Andalucia.

Every morning, the mountain became alive with a tinkling of bells as the local herd of sheep passed by. After yoga practice, I would wander back down the mountain gathering almonds from the trees. Freshly picked figs were a favourite with breakfast. Warmed by the morning sun, the smell of fennel lingered on the light breeze...

4 fresh ripe figs

Large avocado

50g toasted flaked almonds

50g Manchego (Spanish sheep's cheese, Parmesan or crumbled goat's cheese works well)

Fresh thyme and finely chopped fennel

100g mixed leaves including wild rocket

Olive oil

Balsamic vinegar

Freshly ground black pepper

Pile a mountain of leaves in the middle of each plate. Top with sliced avocado and figs. Scatter with thyme, fennel, and a drizzle of olive oil. Add quartered figs and Manchego shavings. Finish with Balsamic vinegar and freshly ground black pepper.

Serve immediately. Will serve 4 as a starter.