

Avocado Purslane Salad

Fresh avocado purslane salad with strawberries - a nutritious 10-minute vegan salad packed with omega-3s and antioxidants. Perfect for healthy meals!

10 min

PREP

10 min

TOTAL

6

SERVINGS

Easy

DIFFICULTY

Ingredients

- 2 bunch purslane
- 2 avocado
- 1 lb strawberry
- 1 lettuce
- 1 bunch parsley
- 3.5 oz walnut

Instructions

- 1 Prepare the purslane**

Trim away the root ends and any tough stems from 2 bunches of purslane using kitchen shears or a sharp knife.
- 2** Fill a large bowl with warm water and add 2 tablespoons of white vinegar.
- 3** Submerge the trimmed purslane in the vinegar water and let soak for 10 minutes to loosen any soil or debris.
- 4** Lift the purslane from the soaking water and rinse thoroughly under cold running water until the water runs clear.
- 5** Spin the purslane in a salad spinner or pat completely dry with paper towels until no moisture remains on the leaves.
- 6 Prepare the fruit**

Remove the green tops from 2 avocados and 1 pound of strawberries, then slice the strawberries into ¼-inch thick pieces.

- 7 Cut 2 avocados in half lengthwise, remove the pits, and scoop out the flesh with a spoon.
- 8 Dice the avocado flesh into ½-inch cubes, working quickly to prevent browning.
- 9 **Assemble the salad**

Combine the dried purslane, diced avocado, and sliced strawberries in a large serving bowl.
- 10 Crumble 3.5 oz of cheese over the salad and toss gently with clean hands to distribute evenly without mashing the avocado.
- 11 Serve immediately to prevent the avocado from browning and the purslane from wilting.

Tips

Always rinse purslane in multiple changes of water to remove all soil particles and potential contaminants.

Use a salad spinner or pat dry with paper towels to ensure greens are completely dry before adding to salad - wet greens will dilute the dressing.

Cut avocados just before serving, or immediately toss with lemon juice to prevent oxidation and browning.

Balance sweet and tart flavors by adjusting the amount of strawberries or adding a touch of honey or maple syrup to the dressing.

Chill all ingredients before assembling for the most refreshing salad experience.

Add any cheese or nuts just before serving to maintain their texture and prevent them from becoming soggy.

For meal prep, store dressing separately and combine just before eating to keep ingredients fresh and crisp.

Taste and adjust seasoning after mixing - the natural saltiness of purslane may reduce the need for additional salt.