

Senegalese Fonio Grain Salad with Mango and Avocado

Swick

Makes 4 servings | Active Time: 20 minutes | Total Time: 25 minutes

Step 1: Making the Dish

- FOR THE FONIO:

- 1/2 cup fonio
- 1/2 cup water
- Salt

- FOR MANGO VINAIGRETTE:

- 1 mango, peeled and diced small
- Salt
- 1 teaspoon Dijon mustard
- 2 tablespoons sugar
- 2 teaspoons lemon juice
- 1/4 teaspoon cayenne
- 1/2 cup vegetable oil

- FOR THE SALAD:

- 1/2 head cabbage, julienned
- 1/2 red onion, sliced and pickled
- 1 avocado, diced
- 2 tomatoes, diced
- 1 tablespoon chopped pecans
- 1 sprig parsley, for garnish

To make the fonio, wash the fonio in running water five times, straining it through a fine-mesh sieve in between.

In a medium saucepan, boil the water with a pinch of salt. Add the fonio and cook, stirring, for 3 minutes. Remove from the heat, cover, and let stand for 10 minutes. Fluff with a fork.

To make the mango vinaigrette, in a blender, add the mango, a sprinkle of salt, Dijon mustard, sugar, lemon juice, and cayenne. Blend with the oil until it has a smooth and thick consistency. Add more seasoning to taste.

To assemble the salad, in a medium bowl, add the prepared fonio, cabbage, pickled red onion, avocado, tomatoes, and pecans. Mix everything, and toss with a little bit of mango vinaigrette until you find the right balance.

Garnish with the parsley and serve immediately.