

AVOCADO SALAD (1 person)

Ingredients:

- Avocado – 1
- Spinach steamed – 1 cup
- Cherry tomatoes – 5-6 halved
- Olive Oil – 1 tbsp
- Lemon Juice – 1 tbsp
- Cumin powder – ½ tsp
- Rock salt – ¼ tsp
- Black Pepper – ¼ tsp
- Fresh Coriander – 2 tbsp
- Sesame seeds – 1 tsp

Method :

- Steam spinach until just wilted. Keep warm
- Cube Avocado
- Halve tomatoes
- In a warm bowl, add steamed spinach
- Add avocado cubes
- Add tomatoes
- Dressing: Mix olive oil, lemon juice, cumin powder, rock salt and pepper
- Drizzle over the salad
- Sprinkle sesame seeds
- Add coriander
- Serve fresh.