

Grilled avocado with tomato and cucumber salsa

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Avocado with tomato and cucumber salsa - It's light, fresh, and full of flavour!

Ingredients (Serves 4-6)

- 3 small [avocados](#), halved, stone removed
- 1 lemon, halved
- 1 [tomato](#), diced
- 1 Lebanese [cucumber](#), diced
- 1 tsp baby capers in brine
- 1 tsp apple cider vinegar
- 2 tbsp extra-virgin olive oil
- Good pinch sea salt and pepper
- Small handful coriander leaves

Method

Heat a grill pan or barbecue to medium-high. Cook the avocado halves and lemon halves flesh-side down for 5 minutes. Remove from grill and arrange on a platter.

In a bowl, mix together diced tomato, cucumber, baby capers, vinegar and olive oil. Season with salt

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and pepper. Top the avocados with the salsa and coriander leaves. Serve grilled lemon on the side; squeeze over the avocado just before serving.

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