



Avocado Vinaigrette

Juice & zest of 2 unwaxed lemons

2 ripe avocados

Extra virgin olive oil

Black pepper & sea salt

Tabasco

Finely chopped parsley (about 2tbsp)

Place the juice & zest of the lemons into a glass bowl. Add an equal volume of extra virgin olive oil & whisk into an emulsion. Season with freshly ground black pepper, sea salt and tabasco, to taste.

Peel & finely dice the avocado and add immediately to the lemon vinaigrette. Add the freshly chopped parsley. Stir gently.

If not to be used immediately, store in the fridge in a glass jar topped up with olive to prevent oxidation.

Use to dress salads or as a sauce for steamed or poached fish, poached or grilled chicken. It zaps up bland stuff very well.

Variation

Avocado Vinaigrette as above

An equal quantity of mayonnaise

Blend the two together to achieve whatever consistency you prefer, using a fork or a food processor. Use as a salad dressing or sandwich spread.