



Avocado and Feta Mash*

Serving: 1

Veg

Ingredients

- -1/2 cup riped avocado cubes
- -3 tbsp crumbled soft feta cheese
- -3/4 cup deseeded and chopped tomatoes
- -1/2 cup finely chopped spring onions whites and greens
- -1 tsp lemon juice
- -salt and to taste

Preparation Method

1. Mash the avocado lightly using a potato masher.
2. Transfer it in a deep bowl, add all the reamining ingredients and toss gently using a fork and a spoon.