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Serving: 1 Veg

## Ingredients

- -1/2 cup riped avocado cubes
- -3 tbsp crumbled soft feta cheese
- -<sup>3</sup>/<sub>4</sub> 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.