

Cucumber, Apple and Avocado Salad

Ingredients

For 4 portions:

- 200 g avocado
 - 200 g cucumber
 - 160 g of apple

 - 4 tablespoons of lemon juice
 - 3 tablespoons of olive oil
 - 4 pinches of salt
 - 4 pinches of black pepper
- + (optional) 2.5 tablespoons chopped shallots and 2 tablespoons parsley

Preparation

1. Cut the apple, avocado and cucumber into small cubes
2. In a salad bowl, mix the raw vegetables with the lemon, olive oil, salt and pepper.
3. Serve in bowls, or in small ramekins in verrines for an aperitif