

## Avocado Salad

---

*I used lentilles du Puy here, but any lentils that hold their shape will work - Umbrian lentils or black lentils would be good alternatives.*

- 2 teaspoons fresh oregano
- 1/2 teaspoon sea salt
- 5 tablespoons extra virgin olive oil
- 1 tablespoon freshly squeezed lemon juice
- 2 cups cooked lentils
- 1-2 ripe avocados, quartered
- 1/4 cup toasted hazelnuts, chopped
- 1/4 cup minced chives

Smash the oregano and salt into a paste in a mortar and pestle. Gradually work in the olive oil, and then the lemon juice.

Toss the lentils with 2 tablespoons of the oregano oil, taste, and season if needed. Arrange on a platter or in a bowl. Just before serving, cut the avocado into quarters, then slice quite thinly, and arrange on top of the lentils. Drizzle with a bit more of the oil, and sprinkle with the hazelnuts, and chives. A final drizzle of oil might be needed, and perhaps a bit more lemon juice. Enjoy!

*Serves 4.*