

1. Avocado & Broccoli Salad

Serves 4

Ingredients:

2 x ripe avocados
500gms (1lb.) x fresh broccoli

Dressing:

4 x Tablespoons extra virgin olive oil
2 x Tablespoons lime juice
1 x Teaspoon of fresh oregano
1 x Tablespoon of brown mustard

Directions:

1. Wash the broccoli and cut it into small, bite-sized pieces. Peel and pit the avocados and cut them into small cubed pieces. Place the broccoli and avocado bits in a bowl.
2. Whisk the olive oil, lime juice, fresh oregano and brown mustard together. Pour the oil mixture on the broccoli and avocado bits; toss well and serve.