



Stuffed Avocados

I don't really do specific recipes for stuffed avocados - it's more a matter of what is in stock and how much time I can devote to creating and eating a tasty, filling and nutritionally-balanced, early morning combination.

Firstly: take a ripe avocado, half it, remove the stone, scoop the flesh out of both halves with a spoon and dice the flesh into a bowl with a good splash of lemon or lime juice to keep it from discolouring before deciding what to add. If it's a large avocado, leave the stone in one half, paint the flesh with lemon/lime juice and wrap it tightly in cling film for later (or tomorrow). If it's a small avocado, use both halves.

Next: decide on what vegetables/fruit you want to add to the mix and dice, finely slice or grate them.

Then: add some protein and some sort of sauce or dressing and mix the whole lot into the diced avocado.

Finally: scoop your 'combination' into the empty avocado shells and top with some crunchy nuts and/or seeds."

Vegetable/Fruit Choices: tomatoes, cucumber, radishes, courgettes, carrots, peppers, chilli, roasted artichokes, olives, peas, corn, celery, spring onions, seaweeds, apple, pear, pomegranate, kiwi fruit, grapes, cherries.

Protein Choices: cold, cooked meats, cooked fish and shellfish, chopped egg, cooked beans, lentils and chickpeas, hummus, tofu, soft and hard cheeses.

Sauce/Dressing Choices: sour cream, mayonnaise, yoghurt, raita, salsa, extra virgin olive, avocado, nut and seed oils, horseradish, chutney, dressings.

Nuts and Seeds: fresh, roasted or toasted.

Here are a few of my favourite combinations:

Fresh prawns or crabmeat, sliced radish, chopped boiled egg, natural yoghurt and toasted pine nuts.

Tinned salmon, chopped boiled egg, sliced mixed olives, sliced cucumber, natural yoghurt, lemon juice and a good dash of smoked paprika powder.

Cottage cheese, grated courgette, grated apple, diced tomatoes, mango chutney and toasted flaked almonds.

Quickly sautéed bacon bits, sliced, ready-roasted peppers, raisins, parmesan shavings and shelled pistachios.