

Grilled avocado with tomato and cucumber salsa

Search:

- [Vegetables](#)
- [Recipes](#)

Grilled avocado with tomato and cucumber salsa

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js =  
d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1";  
fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));  
Tweet !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.cre  
ateElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,  
fjs);}}(document,"script","twitter-wjs");
```



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true;  
po.src = 'https://apis.google.com/js/plusone.js'; var s =  
document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();  
Add to favorites
```

Grilled avocado with tomato and cucumber salsa



Rate this recipe

1 person is cooking this [Count me in](#)

Avocado with tomato and cucumber salsa - It's light, fresh, and full of flavour!

Ingredients (Serves 4-6)

- 3 small [avocados](#), halved, stone removed
- 1 lemon, halved
- 1 [tomato](#), diced
- 1 Lebanese [cucumber](#), diced
- 1 tsp baby capers in brine
- 1 tsp apple cider vinegar
- 2 tbsp extra-virgin olive oil
- Good pinch sea salt and pepper
- Small handful coriander leaves

Method

Heat a grill pan or barbecue to medium-high. Cook the avocado halves and lemon halves flesh-side down for 5 minutes. Remove from grill and arrange on a platter.

In a bowl, mix together diced tomato, cucumber, baby capers, vinegar and olive oil. Season with salt

Grilled avocado with tomato and cucumber salsa

and pepper. Top the avocados with the salsa and coriander leaves. Serve grilled lemon on the side; squeeze over the avocado just before serving.

```
function displayNutrition(msg) { $('#nutrition-label-container').text(msg); $('#nutrition-label-container').fadeIn(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('#result').html(data); alert('This recipe was added to your favorites list'); }); }
```