



## AVOCADO, TOMATO AND CUCUMBER SALAD

<b>Season:</b>	<b>Summer, autumn</b>
<b>From the garden:</b>	<b>Avocados (gifted), tomatoes, cucumber, lemon juice, basil, chives, parsley</b>
<b>Type:</b>	<b>Side dish</b>
<b>Difficulty:</b>	<b>easy</b>
<b>Country of origin:</b>	
<b>Serves:</b>	<b>30 tastes</b>
<b>Source:</b>	<b><a href="http://inspiredtaste.net">inspiredtaste.net</a></b>

### Equipment

- \*chopping board and knife
- \*salad bowl
- \*measuring spoons
- \*wooden spoon
- \*garlic press

### Ingredients

- \*2-3 medium avocados
- \*2 medium tomatoes
- \*1 small cucumber
- \*handful of fresh herbs
- \*2 tbsp lemon juice
- \*2 tbsp vegetable oil
- \*1 small garlic clove
- \*½ tsp salt and pepper to taste

### Method

- 1.cut the avocados in half wise lengthwise, twist and remove the stone
- 2.peel the skin off and cut into even sized cubes
- 3.place the avocado cubes in a salad bowl and pour the lemon juice oven to prevent them from browning
- 4.cut the tomatoes in small chunks or wedges
- 5.cut the cucumber in half lengthwise and and remove the seeds with a spoon if there are a lot of them

**6.cut the cucumber into small cubes**

**7.chop the herbs and peel the garlic**

**8.add the tomatoes, cucumber, herbs, oil and seasoning to the salad bowl and squeeze the garlic in**

**8.give the salad a gentle mix and serve immediately**

**Skills: *measuring, chopping***