



CUCUMBER AND AVOCADO SALAD

Season: Summer
From the garden: Cucumber, avocado
Type: Salad
Difficulty: Easy
Country of origin:
Serves: 5 Serves or 30 tastes
Source: spendwithpennies.com

Equipment

- *chopping board
- *knife
- *salad bowl
- *measuring cup and spoons
- *mixing spoon

Ingredients

- *2 med. avocado
- *2 med. or 1 large cucumber
- *juice of half a lemon
- *2 tbsp diced red onion
- *1 tbsp sugar
- *1 ½ tbsp vinegar
- *¼ cup olive oil
- *chopped dill (optional)
- *salt and pepper

Method

1. Spoon the avocado flesh out of its skin and dice
2. Juice the lemon and add the juice to the avocado, mix gently

3. Wash the cucumber. If the cucumber has tough skin, peel it and if there are a lot of seeds, scrape them out with a spoon. Otherwise just leave it as it is and dice it
4. For the dressing, add sugar, salt and pepper, oil and vinegar into a jam jar and shake. Taste it and adjust seasoning if necessary
5. Mix the dressing with the cucumber and avocado, add chopped dill if using and chill salad in fridge till needed

Notes:

Skills: measuring, *mixing*, *cutting*.