

Avocado, tomato & chorizo chopped salad



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Preparation 20 mins | Cooking 5 mins | Serves 4

- 2 tsp olive oil
- 2 chorizo sausages, chopped
- 1 medium avocado, peeled and diced
- 1 tbs lime or lemon juice
- 350g mixed small tomatoes, halved
- 2 Lebanese cucumbers, diced
- 1 baby cos lettuce, trimmed and chopped
- 2 tbs natural seed mix
- Salad dressing of your choice, to serve

STEP 1 Heat oil in a medium frying pan over medium heat. Add chorizo and cook, stirring occasionally, for 4-5 minutes until golden and crispy. Transfer to a plate lined with paper towel. Set aside to cool.

STEP 2 Peel, deseed and chop avocado. Place into a large bowl and toss with lime or lemon juice. Add tomatoes, cucumbers, lettuce and chorizo. Gently toss to combine. Sprinkle with seeds. Serve with your favourite salad dressing.

Good for you... **AVOCADOS**

Avocados are one of the few fruits that contain some fat, but it's 'good' fat that is essential for health. Top of the fruit and vegetable class for vitamin E, a vitamin needed for healthy red blood cells. A good source of vitamin C, that helps keep gums and teeth healthy.

