

Fried Avocado on an Asian Salad

30—35 Min

Preparation

1. Peel the carrots. Cut the cucumber, bell pepper and carrots into fine strips.
2. Cut the spring onion into ultra-thin diagonal slices. Season everything with salt, mix and allow to rest for 20 minutes.
3. To make the dressing: Heat 2 tbsp. of sesame oil in a pan. Fry the Mango Herbs Fruity seasoning mix for a few seconds, use water to deglaze the pan immediately and put to one side. Add vinegar, honey and soy sauce and stir.
4. Cut the avocados in half, remove the stone and use a spoon to remove the flesh from the skin. Cut into equal-sized slices.
5. Heat a little oil in a pan, fry the sliced avocado on both sides and season with salt. Roughly chop the cashews.
6. Mix the vegetables and salad with the dressing and dish up onto plates. Garnish with the fried avocado slices and cashews.

Ingredients 4 Portions

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4 piece	Carrots
1 piece	Cucumbers
2 piece	Green bell pepper
2 piece	Scallion
2 piece	Avocado
40 g	Toasted cashews
1 pinch	Sea Salt, Coarse

For the dressing

2 tbsp.	Sesame oil
50 ml	Water
3 tbsp.	Vinegar
4 tbsp.	Honey
3 tbsp.	Soy sauce
2 tbsp.	Mango Herbs Fruity