



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

♦ = Kotányi Produkte

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

