

# All-in-one Avocado Salad

serves 2-4

by Harry Sargent

## Ingredients

- 2 spring onions, whites only, finely chopped
- 10 cherry tomatoes, cut into eighths
- 20cm cucumber, diced
- 2 ripe avocados, diced
- Sesame seeds to taste
- Crushed walnuts to taste
- 8 roughly torn leaves each: peppermint, garden mint, and pineapple mint
- 2 tsp wholegrain mustard
- 1½ tbsp condimento bianco
- 1 tbsp extra virgin olive oil
- Flaky salt, to taste
- Black pepper, to taste
- Chilli Flakes, to taste

## Method

Mix all ingredients until creamy and dressed.