
Mike de Vries'

Crushed avocado, feta, chilli, tomato, onion on toast



INGREDIENTS

Serves 2

1 whole avocado
1 large red onion
1 lemon
15ml extra virgin olive oil
10g coriander
10g Italian parsley
10g mint leaves
1 red chilli
100g cherry tomatoes
50g cows milk feta
50ml white wine vinegar
50g caster sugar
50g rice flour
Salt
Sourdough bread (or any preferential)

METHOD

Crushed avocado

1. Cut the red onion into quarters, fine dice one quarter and place into mixing bowl, set aside the rest for later.
2. Remove avocado from skin and crush with a fork in a bowl, mix in 10g chopped coriander, 10g chopped Italian parsley, juice of 1 lemon, 15ml extra virgin olive oil and a generous amount of salt.

Pickled onions

1. Finely slice two quarters of the remaining red onion.
2. In a small sauce pan over a high heat, add in white wine vinegar and caster sugar.
3. Once the sugar has dissolved in the vinegar, add in the red onions and remove from heat immediately.
4. Let sit in liquid for around 10-15min until cool.

Crispy onion rings

1. With the last remaining quarter of onion, slice and place into mixing bowl with rice flour.
2. Place the coated onion slices in sieve and remove all excess flour.
3. Shallow fry in canola oil over a low to medium heat until golden in colour.
4. Season with salt.
5. Place crushed avocado on top of toasted sourdough, then garnish with onions, crumbled feta, sliced chilli, mint leaves and halved tomatoes.