

Crushed Avocado on Grilled Sourdough with Mint and Ricotta



Recipe courtesy of Horticulture Innovation Australia Limited.

Ingredients

3 large ripe Hass avocados

4 thick long slices of sourdough bread

2 tbsp extra-virgin olive oil, plus extra for drizzling

Finely grated rind and juice of 1 lemon, or to taste, plus extra lemon wedges, to serve

1 garlic clove, finely chopped, plus 1 halved garlic clove, extra, for rubbing

1 spring onion, thinly sliced, plus extra to serve

Pinch of ground chilli, or to taste

100 g firm ricotta

Mint leaves, to serve

Method:

1. Halve 2 avocados, remove the seeds and use a large spoon to scoop the flesh from the skin. Transfer to a bowl, add olive oil, lemon rind, lemon juice, spring onion, garlic and chilli and crush with a fork to combine. Season to taste.
2. Preheat a char-grill to medium-high. Drizzle both sides of bread slices with olive oil, season to taste and char-grill for 2-3 minutes until toasted and lightly charred, then turn and cook remaining side. Rub one side of the toast with cut-side of a garlic clove, then spread with crushed avocado mixture. Arrange on serving plates and crumble over ricotta.
3. Halve remaining avocado, remove the seed and use a large spoon to scoop the flesh from the skin in one piece. Thinly slice each half crossways into half-moons, then arrange over crushed avocado. Scatter with mint and spring onion, drizzle with a little extra oil and serve with lemon wedges.