

Pastas

FETTUCCINE WITH AVOCADO



- 2 tbsp olive oil
- 1/4 cup Verjuice
- 1/2 cup fresh basil, chopped
- 1/2 cup onions
- 1 cup sweet green pepper, diced
- 1 1/4 cups sun-dried tomatoes, diced
- 1 avocado diced
- 500g dried fettuccine noodles
(or any dried pasta - preferably wholewheat)

In a large bowl combine the olive oil, verjuice, basil, onions, sun-dried tomatoes, and half the avocado.

Toss the ingredients well so they are evenly coated with the oil and verjuice.

Cook pasta in boiling water for 6 minutes or until "al dente".

Drain pasta and pour in salad bowl with the other ingredients while the pasta is still hot.

Toss together and serve immediately, using the remaining avocado as a garnish on top of the pasta.
