

Salads

AVOCADO AND SAMP SALAD



- 3 Avocados
- 1 Lemon
- 3 Cups samp, cooked
- ½ Onion, chopped
- 1 Tomato, chopped
- ½ Green, red and yellow peppers, diced
- 3 Tbsp Olive oil
- Salt and freshly ground black pepper

Place all ingredients, except avocados and lemon into a mixing bowl

Peel avocados and cut into cubes and drizzle with juice from the lemon to avoid browning. Add avocados to the bowl with other ingredients.

Season and mix well (ensure that avocados don't become mushy).

Recipe supplied by Sindi Molefe, The Peach Tree Restaurant at Southern Sun The Cullinan
