

Avocado Tartare



Serves 4

Preparation

1. In a medium bowl, combine the extra-virgin olive oil with your minced onion, mustard, lemon juice, capers and parsley.
2. Add in the jalapeño and Worcestershire sauce and season with salt and pepper. Stir to combine.
3. Gently fold in the diced avocados.

Ingredients

- 2 tablespoons extra-virgin olive oil
- 2 tablespoons minced red onion
- 1 tablespoon Dijon mustard
- 1 tablespoon fresh lemon juice
- 1 tablespoon drained capers
- 1 tablespoon chopped parsley
- ½ small jalapeño, minced
- 3 drops of Worcestershire sauce
- Sea salt
- Freshly ground pepper
- 2 avocados, pitted, peeled and diced
- Toasted baguette slices for serving

Credit

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