

Avocado Salad with Gorgonzola Dressing

MAKES:4

PREPARATION TIME:15 minutes

COOK TIME:none

INGREDIENTS:

- 150g (5oz) sugar snap peas, trimmed
- 1 bulb fennel
- 8 small vine-ripened tomatoes, quartered
- Mixed salad leaves
- 2 ripe medium avocados
- Black kalamati olives

For the dressing :

- 5 tbsp Filippo Berio Extra Virgin Olive Oil
- 2 tbsp red wine vinegar
- 115g (4oz) gorgonzola cheese
- Salt and pepper

METHOD:

Bring a small pan of water to the boil add the sugar snaps and boil for 1 minute only. Drain and place in cold water to cool.

To make the dressing trim off the rind from the gorgonzola put into a bowl with the olive oil and red wine vinegar and add salt and pepper to taste. Mash together to break up the cheese.

Cut the drained sugar snaps in half lengthways then put into a bowl. Trim the top from the fennel cut into quarters and slice thinly add to the bowl with the tomatoes and salad leaves. Toss to mix then divide between four salad bowls.

Halve the avocados discard the kernel from each carefully peel away the thick skin. Cut into slices and add to the salads scatter a few olives on top. Spoon over the dressing and serve.



Cook it with: *Olivo extra vergine di oliva Fruttato*