

INGREDIENTS

 4 SERVINGS

 20 MIN

 EASY

1 jar of Garden Gourmet Vuna
2 just ripe avocados
1 tomato
1 cup of sprouts (alfalfa and red cabbage shoots)
½ small red onion
1 teaspoon of vegan sour cream or crème fraîche
1 lime
1 tuft of cress
small bunch of coriander
salt
pepper
black sesame seeds

Quick and tasty? No problem! Try the Vuna Stuffed Avocado!
Simply delicious and fully vegan!

PREPARATION

1. Mix onion, tomato and coriander with Vuna

Chop the onion and cut the tomato into cubes. Chop the coriander. Mix onion, tomato and coriander with Garden Gourmet Vuna.

2. Make the avocado "cups"

Halve the avocados, remove the stone and gently peel the skin off. Sprinkle the avocados with lime juice and sprinkle lightly with salt and pepper.

3. Fill the avocado with Vuna salad, garnish, and enjoy!

Fill the hollowed avocados with the Vuna salad and garnish them with different sprouts and cress. Sprinkle with sesame seeds.

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