

QUENELLE BUN AVOCADO TOAST



French quenelles buns



Serves

4



INGREDIENTS

- 4 quenelle buns
- 3 avocados
- 1 tsp lemon juice
- 1 tbsp olive oil
- Cherry tomatoes
- Balsamic vinegar
- Sweet chili and olive oil
- Raw seeds
- Red onion
- Salt

DIRECTIONS

PREPARATION

Step 1 :

- If the quenelle buns are frozen, thaw for 30 min to 1 hour before use.
- Preheat the oven to 410°F.
- Cut the quenelle buns lengthwise into thirds.
- Put them on a baking tray, domed side down.
- Drizzle with a little olive oil.
- Bake for 25 min.

Step 2 :

- Cut avocados in half. Remove the stone and scoop out the flesh.
- In a bowl, mash the avocado with a fork, a dash of lemon juice and salt.

Step 3 :

- Spread the avocado mash over the quenelle bun slices.
- Season and decorate with cherry tomatoes, seeds, chili, red onion, etc.