

# Avocado Salad



## Ingredients

- $\frac{1}{4}$  **red onion**, thinly sliced:  $\frac{1}{4}$  red onion, thinly sliced
- 400g tin **cannellini beans**, drained and rinsed: 400g tin cannellini beans, drained and rinsed
- 1 large **avocado**, peeled, stoned and thickly sliced: 1 large avocado, peeled, stoned and thickly sliced
- 100g/ $3\frac{1}{2}$ oz **cherry tomatoes**, quartered: 100g/ $3\frac{1}{2}$ oz cherry tomatoes, quartered
- 20g/ $\frac{3}{4}$ oz fresh **basil**, roughly chopped: 20g/ $\frac{3}{4}$ oz fresh basil, roughly chopped
- $\frac{1}{4}$  **lemon**, juice only:  $\frac{1}{4}$  lemon, juice only
- $\frac{1}{2}$  tbsp extra virgin **olive oil**:  $\frac{1}{2}$  tbsp extra virgin olive oil
- salt and freshly ground black **pepper**

## Method

1. Soak the onion in a small bowl of cold water for 5 minutes to remove some of the heat.
2. Toss the cannellini beans, avocado, cherry tomatoes and basil together in a bowl.
3. Drain the onion and pat dry with kitchen paper then mix into the salad.
4. Drizzle over the lemon juice and oil, season with salt and pepper and serve.