

SOMERSET GOATS CHEESE CAPRICORN

STARTER

5) Avocado and Capricorn Salad

Serves 4 as a starter

Ingredients

12 small tomatoes, halved
2 cloves of garlic, crushed
2 tbsp olive oil
4 tbsp French dressing
2 x 100g Capricorn Somerset Goats Cheese, chopped
2 tbsp flat leaf parsley, chopped
2 ripe avocados
25g toasted pine nuts

- Pre-heat the grill to high
- Place the tomatoes and garlic on a baking tray and drizzle over the oil
- Grill for 4-5 minutes, until just soft
- Place the tomatoes in a bowl and mix together with the French dressing, cheese and parsley
- Peel, stone and slice the avocados
- Fan the avocado slices onto a serving plate and spoon the tomato mixture onto the smaller end of the fan
- Sprinkle over some toasted pine nuts