



Avocado Salad

Preparation time: **less than 30 mins**

Cooking time: **no cooking required**

Serves 1

Ingredients

- ¼ red onion, thinly sliced
- 400g tin [five beans](#) salad, drained and rinsed
- 1 large avocado, peeled, stoned and thickly sliced
- 100g/3½oz cherry tomatoes, quartered
- 20g/¾oz fresh basil, roughly chopped
- ¼ lemon, juice only
- ½ 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 five beans salad, 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.