

PEPPERCORN

## CRUSHED AVOCADO AND PINK PEPPERCORN TOAST

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*A quick fun starter, hors d'oeuvre or appetizer for lunch. Crushing a creamy avocado on top of naturally fermented sourdough instead of wholemeal bread makes this recipe not only more flavourful but also more easily digestible as fermented foods contain naturally occurring probiotics to boost digestive health. It's paired here with quick-pickled radish plus black pepper, which helps increase nutrient absorption.*

SERVES 2

2 or 3 radishes, trimmed and cut into matchsticks	60ml (¼ cup) extra virgin olive oil, for brushing bread, plus extra to drizzle on top
3 tbsp rice wine vinegar	1 avocado
1 tbsp minced parsley	40g (1½oz.) crumbled feta
large pinch salt	squeeze of lemon juice
large pinch sugar	½ tsp each pink and black peppercorns, crushed
2 or 3 slices sourdough bread	

Put the radishes into a small bowl with the vinegar, parsley, salt and sugar. Mix together and set aside.

Using a knife or cookie cutter, cut the bread into shapes. Brush with olive oil on one side and crisp in a hot pan, or put in a preheated oven set at 180°C (350°F/gas mark 5), until golden brown and toasted.

Peel the avocado, remove the stone, then cut into eight pieces. Place one piece on each piece of toast and crush with a fork. Top with the pickled radishes and feta and sprinkle over a squeeze of lemon juice and some crushed peppercorns.