

AVOCADO TOAST, SMOKED COD AND ASPARAGUS TWISTS



Preparation time
10 minutes



Total time
10 minutes



Portions
2



Difficulty
Easy

INGREDIENTS

- 1 Aurum avocado
- Loaf of bread
- Thin green or spring asparagus
- 80g smoked cod
- Lemon or lime
- Granulated garlic
- Ground black pepper
- Extra virgin olive oil
- Salt

PREPARATION

1. Cut off the tough ends of the asparagus and peel off the ribbons using a sharp vegetable peeler or mandoline. Sauté very lightly in a pan or griddle with a little oil, leaving them *al dente*.
2. Mash the avocado flesh in a bowl with a pinch of salt, lemon juice, a little oil, granulated garlic, and pepper, using a fork. Toast the bread to your liking and spread generous layers of the avocado cream. Add the thinly sliced cod and the asparagus. Finish with a final touch of pepper and oil.