

Avocado Pear Salad



Starter

Kind of recipe



20 Minutes

Preparation



easy

Severity



Ingredients for 4 people

3 avocados
3 pears
50 g pine nuts
2 limes (juice)
Styrian Pumpkin Seed Oil P.G.I.
75 g parmesan cheese

Preparation

Roast the pine nuts carefully in a pan, add a little Styrian Pumpkin Seed Oil P.G.I. when done and remove. Peel, half and seed the avocados and pears. Cut into thin slices. Put the slices on a plate, alternating between avocado and pear. Drizzle the lime juice and some Styrian Pumpkin Seed Oil P.G.I. on the slices. Slice the parmesan as thinly as possible. Scatter the parmesan and the pine nuts over the dressed pears and avocados.

Recipe from Gemeinschaft Steirisches Kürbiskernöl g.g.A./ Foto: Stefan Kristoferitsch