



Inspiring RECIPES

Crunchy GEM[®] avocado wedges with tomato and sweetcorn salsa

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PREP - COOK - SERVES 4

These creamy, crunchy little wedges make a delicious snack or starter, or turn them into the main event by wrapping them in warm tortillas and topping with grated cheese.



INGREDIENTS

- 100g plain flour
- 1 tsp fine salt
- 2 tsp Cajun seasoning
- 2 eggs
- 125g cornflakes
- 2 Gem[®] avocados

For the salsa:

- 200g tin of sweetcorn, drained
- 100g cherry tomatoes, roughly chopped
- 20g fresh coriander, finely chopped
- 2 spring onions, finely chopped
- Juice of 1 lime

METHOD

1. Start by mixing together all the ingredients for the salsa, then season to taste.
2. Mix the flour with the salt and Cajun seasoning in a shallow bowl. Crack the eggs into a second shallow bowl and beat them with a splash of water. Put the cornflakes into a small bag, seal and crush to crumbs, then tip into a third shallow bowl.
3. Peel and stone the GEM[®] avocado and cut lengthways into wedges. Heat the grill to medium and lightly grease a baking tray.
4. Dip each GEM[®] avocado wedge first in the flour, then the egg, shaking off any excess, then in the crumbs until well coated. Put on the baking tray.
5. Grill for a minute or so until golden brown, then turn over and repeat. Serve immediately with the salsa. Also delicious with some soured cream on the side.

NUTRITION INFORMATION

Per serving

- Calories 2150kJ / 513kcal
- Fat 27.2g
- Saturates 6.2g
- Carbohydrate 56.8g
- Sugar 7g
- Fibre 8.7g
- Protein 11.2g
- Salt 2.1g