



Crunchy avocado slices



Categoria

Entradas e Petiscos



Tempo de preparação

Rápido



Dificuldade

Fácil



Custo

Low



Com quem?

With friends



Nº de pessoas

4 pessoas

Ingredientes



To taste: Gallo Piri Piri
Sauce

- 2 avocados
- 1 lime
- Fleur de sel, to taste
- Pepper, to taste
- 2 tbsp of flour
- 1 egg
- 1 tea cup of Panko, or breadcrumbs, or almond flour
- 3 tbsp of mayonnaise

Method of preparation

1

Start by preheating the oven to 190°C.

2

Cut the avocados in half, remove the stone and, with the help of a tablespoon, remove the insides, separating it from the peel.

3

Cut the avocado flesh into thick slices and drizzle with lime juice. Season to taste with salt and pepper.

4

Then, put the flour in one bowl, the beaten egg in another bowl, and the Panko or breadcrumbs in a third bowl.

5

First pass the avocado slices through the flour, then through the egg and finally through the Panko or breadcrumbs.

6

Place the avocado slices on a baking tray lined with baking paper and bake for 15 minutes.

7

In the meantime, mix the mayonnaise with the Gallo Piri-Piri Sauce.

8

Serve the avocado slices with the mayonnaise.

Produtos utilizados



Piri Piri Sauce

Piri-Piri with Olive Oil



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