



AVOCADO FEROCÉ

□ **Ingredients serve 2 :**

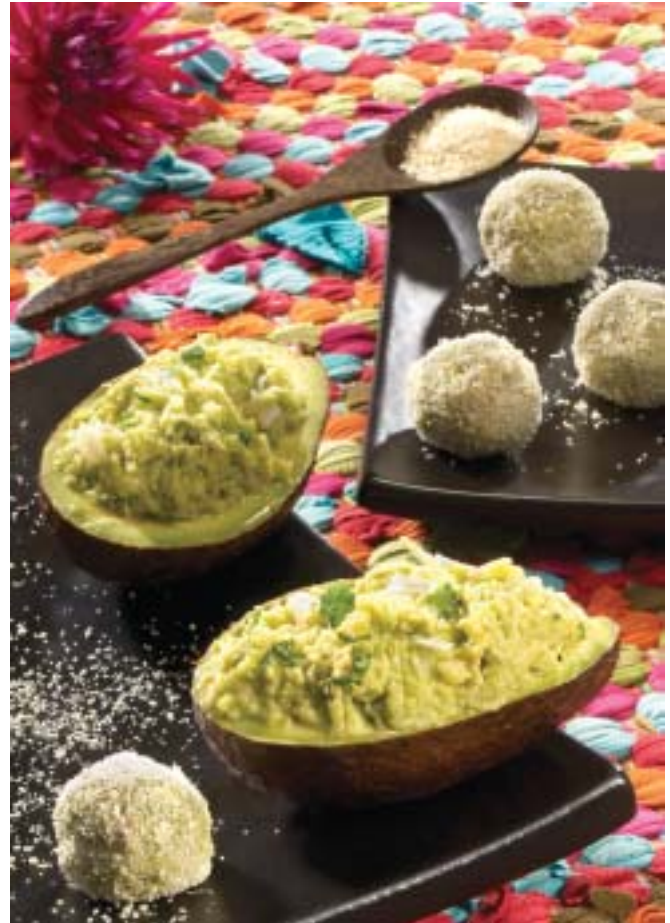
- 2 avocados
- 300g of cod
- 4 soup spoonfuls of RACINES gari
- 2 onions
- 1 pinch of chilli peppers
- 2 cloves of garlic
- 1 branch of parsley
- pepper

RECIPE

1- Crush the avocado and mix with the RACINES gari. Grill the cod, soak it and then break it up into small pieces. Mix it with the finely chopped avocado, RACINES gari, chilli peppers, garlic, onion and parsley.

2-Fill the avocado skin with the mixture or roll into balls and cover with the RACINES gari.

It's ready to serve!



Other entrées :

