



Ingredients

2 patties

5 ml vegetable oil

2 ripe avocados

100 ml good quality mayonnaise

Juice of half a lime

5 - 10 ml wasabi paste Fresh coriander

1 big red tomato

10 ml Toasted sesame seeds

Method

Preheat oven to 180 C. Rub the patties with a little olive oil and bake for 10 minutes.

Mix the mayonnaise, lime juice and wasabi to a smooth paste.

Cut the avocado in half and very gently remove the peel not to damage the avocado.

Slice a little avocado off the bottom of the one half, so that it has a flat surface to stand on.

Place an avocado half on a plate. Season with salt and pepper.

Top with fresh coriander and

then a slice of tomato.

Place the pattie on the tomato.

Lavishly spread the

mayonnaise/wasabi on the pattie and top with the other avocado half to form a "burger".

Sprinkle the sesame seeds on top to resemble a burger.