



GRILLED STUFFED AVOCADO *AVOCADO GRIGLIATO RIPIENO*

I had never seen an avocado until I came to London in 1994. They just weren't a feature of southern Italian cuisine. However, since I have been travelling around Italy for the TV series, I realise they are actually very common in northern Italy, featuring on lots of restaurant menus. This grilled stuffed avocado recipe is great when you want something healthy but filling. I normally eat two halves, but one half is certainly enough for a starter portion.

1 Preheat the grill to its highest setting. Brush the avocado flesh with a little oil and grill, flesh-side up, for about 3 minutes or until starting to brown. Set aside.

2 Put the tomato, olives and spring onions in a medium bowl. Add the oil and vinegar. Season with salt and pepper and stir to combine.

3 Carefully spoon the filling into the avocados. Place a slice of mozzarella on top of each.

4 Return the avocados to the grill and cook for about 3 minutes or until the mozzarella starts to melt. Serve immediately.

Serves 4

2 large ripe avocados, halved and stoned
2 tablespoons extra virgin olive oil, plus extra for brushing
1 large fresh plum tomato, deseeded and cut into 1cm chunks
60g pitted green olives, drained and roughly chopped
2 spring onions, trimmed and roughly chopped
1 tablespoon balsamic vinegar
1 x 125g ball of mozzarella cheese, drained and cut into 4 slices
Salt and freshly ground black pepper