

zucchini and avocado dip

ingredients

- a tablespoon capers
- 2 cups zucchini chopped
- 1 avocado mashed
- 1 green capsicum
- 1 tablespoon mayonnaise good quality
- 1 cm piece ginger grated
- 2 teaspoons Dijon mustard
- 1 teaspoon cider vinegar
- 1 teaspoon spring onions
- 10 basil leaves-chopped
- Salt and pepper

Steam the zucchini lightly and puree it roughly and briefly in the food processor.

Strain to remove the excess liquid

Mix through with all the other ingredients

Season with salt and pepper.

Place in a small dish and serve with crudités, pita bread, crackers, or as a topping for bruschetta.