

## Bruschetta with 3 toppings



### Avocado mousse

2 avocados  
10 sugar-snap peas  
1 small red onion  
½ lemon  
Salt  
Pepper

3 baguettes

### Tomato salsa

4 ripe tomatoes  
2 cloves of garlic  
1 small red onion  
1 small bunch of broad-leafed  
parsley  
2 tbsp. olive oil  
Salt  
Pepper

### Bean salsa

1 tbsp. coarse mustard  
2 anchovies  
1 tbsp. olive oil  
½ pasteurised egg yolk  
Salt  
Pepper  
1 small red onion  
10 green beans  
½ carrot

### Serving tips

The toppings can be served on lightly toasted slices of crusty bread, such as Italian bread, baguettes or leavened bread.

### Alternative ingredients

Practically anything can be served on toasted slices of crusty bread. Use as snacks instead of crisps and other calorie-packed temptations.

### Tomato salsa

Remove the seeds from the tomatoes. Dice the tomatoes and red onions. Chop the garlic and broad-leafed parsley finely.

Mix everything together with olive oil and season with salt and pepper.

### Avocado mousse

Slice the sugar-snap peas crosswise into thin strips. Chop the red onion finely. Mash the avocados and mix all the ingredients well.

Season with lemon juice, salt and pepper.

### Bean salsa

Blend the anchovies, coarse grain mustard, olive oil and egg yolk into a light dressing. Season with salt and pepper.

Dice the onion into small cubes.

Slice the beans and carrots finely. Blanche and cool. Then mix into the dressing with the onion.