

Avocado Mousse with Balsamic Strawberries

Ingredients

- 100g strawberries
- 20ml balsamic vinegar
- 20g icing sugar
- 50g dates, pitted and chopped
- 1 avocado, peeled, halved and chopped
- 20g dark cocoa powder
- 50g pistachio nuts, chopped
- $\frac{1}{4}$ cup caster sugar (for caramel decorations)

Method

1. In a bowl, combine the strawberries, balsamic vinegar and icing sugar. Cover and store in the fridge for an hour to macerate
2. Soak dates in a bowl of warm water for 10 minutes, then drain off the dates and set aside to cool.
3. In a blender, puree the dates, avocado and cocoa powder until smooth. Spoon into serving bowls and refrigerate to firm up.
4. Heat sugar over low heat until it melts and caramelises. Carefully drizzle onto baking paper to form random caramel shapes, allow to cool and harden.
5. To serve, spoon on balsamic strawberries onto mousse, sprinkle with pistachios and garnish with caramel decorations.

Serves 2.