



How you can tell if an avocado is ripe or not is when you press the skin gently with your fingers it should be a little soft, not give way completely but not feel stone like either. Sometimes though it might feel ripe in parts but when you actually cut it open you realise it's not quite ripe.

Avocado can be lovely baked and for baking it needs to be just under-ripe, not stone hard but definitely not quite ripe. See how I sound like an expert? If you've read any [other recipes on this site](#) you'll know

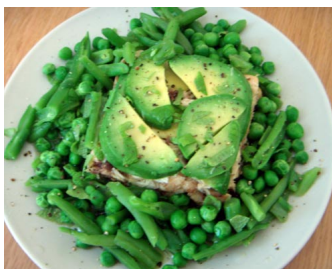
I'm anything but. And there are lovely creamy recipes you can make by baking avocado with other things but this recipe is not one of those fantastic creations. This recipe is for when you slice into an avocado (maybe because you were planning on having [avocado yoghurt](#)

for breakfast) and discover that *damnit!*

the avocado isn't quite ripe. This recipe is for those times. It uses ingredients that you normally can find at the back of your cupboard and freezer.

Although I'm not trying to pretend this is my most favourite dish of all time. It does taste good and again it's very good for you.

### The way I make Baked Avocado & Mackerel is



### Ingredients

#### Serves 2

- 2 tins mackerel in sunflower oil
- 1 under-ripe avocado, stoned, peeled and sliced
- 2 tsp garam masala
- 1 cup frozen green beans

- 1 cup frozen garden peas
- some fresh mint leaves, shredded
- 1 lemon
- salt and pepper

### Instructions

1. Preheat the oven to 200° C / 392° F.
2. You will need 2 small ovenproof dishes (roughly 3" squared). Open the tins of mackerel. Pour the oil from the tins into the bottom of each dish. Cut 2 squares of kitchen foil large enough to cover the dishes. Smear a little of the oil on the underside of the foil - *this is just so as the avocado won't stick to the foil*.
3. Layer the base of the dishes with slices of avocado.
4. Mix the garam masala into the mackerel and layer this on top of the avocado.
5. Cover the mackerel layer with another layer of sliced avocado.
6. Cover the dishes with the kitchen foil and back for 20 - 25 minutes.
7. Cook the frozen green beans and peas and drain.
8. When ready, take the dishes from the oven. Allow them to cool for a few minutes. To remove from the dish just remove the foil, cover each dish with a plate and turn upside down - *because of the amount of oil you are using they should slide straight out*. Do not drain off the oil this will be used as dressing for the vegetables.
9. Divide the veg between the plates and sprinkle over the torn mint leaves, salt and freshly ground black pepper.
10. Squeeze a half a lemon over each plate.