



Roasted Radicchio with Ricotta and Avocado

15 minutes

Hands on

6

Portion(s)

1

Difficulty



Ingredients

- 1 radicchio
- 3 tablespoon(s) olive oil
- salt
- pepper
- 60 g chervil, finely chopped
- 120 g ricotta
- 1 avocado(s), peeled and cut into 4 or 8 pieces
- 1 tablespoon(s) lemon juice
- 1 tablespoon(s) honey
- 20 g almond slivers

Διατροφικός πίνακας

Nutrition information per portion

202 Calories (kcal)	15.0 Total Fat (g)	5.0 Saturated Fat (g)	6.9 Total Carbs (g)
10%	21%	25%	3%
3.9 Sugars (g)	8.9 Protein (g)	2.2 Fibre (g)	0.81 Sodium (g)
4%	18%	9%	14%

Method

- Cut the radicchio in half, lengthwise if they are small or quartered if they are large.
- Turn on the broiler.
- Brush the radicchio with 2 tablespoons of olive oil. Season generously with coarse salt and freshly ground pepper.
- Roast on both sides, for about 2 minutes, until it lightly caramelizes.
- In a bowl, add the chervil and the final tablespoon of olive oil. Season with salt and pepper.
- Place the ricotta on a serving plate. Cover with the roasted radicchio and avocado. Sprinkle with the chervil mixture.
- Season to taste. Add the lemon juice, some olive oil, honey and almond slivers.