



Stuffed Bun Toppings

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic
By: Cuisine l'Angélique

Avocado and shrimp topping

INGREDIENTS

- 2 ripe avocados
- 15 ml (1 tbsp) lime juice
- 1 red mango, ripe, cut into small cubes
- 200g shrimp, cooked and peeled, cut into small pieces
- 15 ml (1 tbsp) red onion, finely chopped
- 5 ml (1 tsp) toasted sesame oil
- 2.5 ml (1/2 tsp) maple syrup
- 2.5 ml (1/2 tsp) lime zest
- 1 ml (1/4 tsp) salt

PREPARATION

1. Cut the avocados in half lengthwise and remove the pits.
2. Remove the flesh from the avocados with a spoon and mash with a fork with the lime juice; this will prevent avocados from darkening.
3. In a medium bowl, combine all ingredients.
4. Refrigerate until ready to serve. Keeps for 24 hours in the refrigerator.

Egg and beet topping

INGREDIENTS

- 4 hard-boiled eggs, shelled
- 2 medium beets, cooked, peeled and cut into very small cubes
- 1/2 yellow pepper, cut into small cubes
- 2 green onions, finely chopped
- 30 ml (2 tbsp) cilantro, chopped
- Mayonnaise, salt and pepper, to taste

PREPARATION

1. Crush eggs with a fork or a potato ricer.
2. In a medium bowl, combine eggs, beets, pepper, green onions and cilantro.
3. Add mayonnaise until desired texture is achieved. Season with salt and pepper to taste.
4. Refrigerate until ready to serve. Keeps for 24 hours in the refrigerator.



Two unique toppings: Avocado and shrimp / Eggs and beets

TIP

For breads, try the [La Merveilleuse buns](#).

