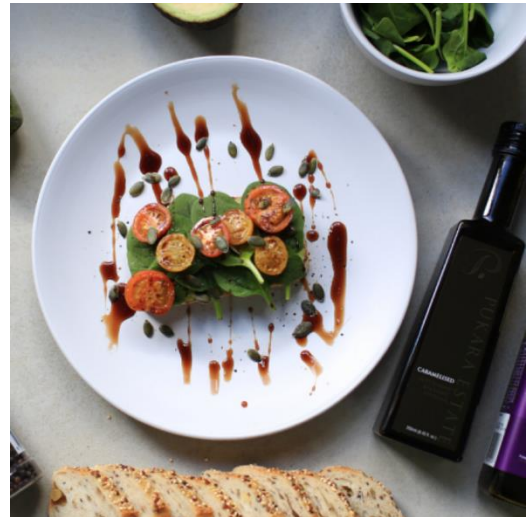


Smashed avocado on sourdough (avocado)

Ingredients

- ½ avocado, mashed
- 1 slice sourdough bread
- 8g baby spinach
- 1 tsp olive oil
- 1 tbsp basil pesto
- 2 Cherry tomatoes, halved
- Salt and cracked pepper



Method

1. Toast sourdough bread to your preference and put it on a plate.
2. Add olive oil into a frying pan over medium heat. Add cherry tomatoes and saute for 1 ½ minutes. Remove pan from heat.
3. Spread basil pesto onto the sourdough bread. Spread the avocado on top of the basil pesto. Top the bread with baby spinach, cherry tomatoes and season with salt and cracked pepper.

Tips

- Extra toppings: crumbled feta, pepita seeds, poached eggs, grilled halloumi cheese, drizzle of balsamic vinegar.

NIP

NUTRITION INFORMATION		
Servings per package: 1		
Serving size:	145	g
	Average Quantity per Serving	Average Quantity per 100 g
Energy	911 kJ	628 kJ
Protein	3 g	2 g
Fat, total	19.3 g	13.3 g
- saturated	4.5 g	3.1 g
Carbohydrate	6.8 g	4.7 g
- sugars	1 g	0.7 g
Sodium	132 mg	91 mg