



UcOOL

Smashed Avo on Sourdough

with balsamic reduction

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Lunch: Serves 3 & 4

Chef: Jenna Peoples

Nutritional Info	Per 100g	Per Portion
Energy	848kJ	3205kJ
Energy	203kcal	767kcal
Protein	4.7g	17.7g
Carbs	23g	87g
of which sugars	2.3g	8.8g
Fibre	4.4g	16.8g
Fat	10.3g	38.8g
of which saturated	2.2g	8.1g
Sodium	401mg	1516mg

Allergens: Cow's Milk, Gluten, Allium, Sesame, Wheat, Sulphites

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
6	8	Sourdough Bread Slices
3	4	Avocados
45ml	60ml	Lemon Juice
60g	80g	Danish-style Feta <i>drain & crumble</i>
15ml	20ml	Balsamic Reduction
30ml	40ml	Old Stone Mill Everything Bagel Spice

From Your Kitchen

Seasoning (salt & pepper)
Water

- 1. BEGIN THE BREAD** Toast the bread in a toaster. Alternatively, heat in a microwave until softened, 15 seconds. Allow to cool slightly before assembling.
- 2. HAVO SOME AVO** Halve the avocados and remove the pips. Scoop the avocado flesh into a bowl, add the lemon juice (to taste), mash with a fork, and season.
- 3. TA-DA!** Top the toast with the smashed avo and top with the feta. Drizzle with balsamic reduction (to taste) and garnish with the bagel spice.