



# QCOOK

## All The Greens Avocado Open Sandwich

with Pesto Princess basil pesto & spring onion

**Hands-on Time:** 8 minutes

**Overall Time:** 8 minutes

**Lunch:** Serves 3 & 4

**Chef:** Samantha du Toit

Nutritional Info	Per 100g	Per Portion
Energy	1020kj	4371kj
Energy	244kcal	1045kcal
Protein	6.6g	28.2g
Carbs	22g	95g
of which sugars	1.2g	5g
Fibre	7.4g	31.5g
Fat	16.2g	69.4g
of which saturated	2.2g	9.6g
Sodium	150mg	643mg

**Allergens:** Cow's Milk, Egg, Gluten, Allium, Wheat, Tree Nuts

Eat Within 3 Days

**Ingredients & Prep Actions:**

Serves 3	[Serves 4]	
6	8	Dumpy Health Slices
2	2	Avocados
30g	40g	Green Leaves <i>rinse</i>
2	2	Spring Onions <i>Spring Onion/s rinse, trim and finely slice</i>
90ml	125ml	Pesto Princess Basil Pesto

**From Your Kitchen**

Seasoning (salt & pepper)  
Water

1. **START THE SARMIE** Toast the bread in a toaster. Alternatively, heat in a microwave until softened, 15 seconds. Allow to cool slightly before assembling.
2. **GO FOR GREEN** Halve the avocados, remove the pips, and scoop out the flesh of one and a half [all] into a bowl. Mash with a fork. Top the toast with the green leaves, the mashed avo, and the spring onion (to taste). Drizzle over the basil pesto. Get munching, Chef!