



# QCOOK

## All The Greens Avocado Open Sarmie

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	1019kj	4368kj
Energy	244kcal	1044kcal
Protein	6.6g	28.1g
Carbs	22g	95g
of which sugars	1.2g	5.1g
Fibre	7.3g	31.5g
Fat	16.2g	69.4g
of which saturated	2.2g	9.6g
Sodium	149mg	638mg

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

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

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Serves 3 [\[Serves 4\]](#)

6 slices	8 slices	Dumpy Health Bread
2	2	Avocados
30g	40g	Green Leaves <i>rinse</i>
2	2	Spring Onions <i>rinse, trim and finely slice</i>
90ml	125ml	Pesto Princess Basil Pesto

## From Your Kitchen

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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 avocado, remove the pip, 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!