



U^{COOK}

Smashed Avo Toast

with balsamic reduction

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Jenna Peoples

Nutritional Info

	Per 100g	Per Portion
Energy	988kj	3684kj
Energy	236kcal	881kcal
Protein	6.3g	23.4g
Carbs	21g	79g
of which sugars	2.3g	8.7g
Fibre	7.1g	26.3g
Fat	14.8g	55.2g
of which saturated	2.7g	10.1g
Sodium	293mg	1091mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
110g	220g	Dumpy Health Bread
1	2	Avocado/s <i>cut in half</i>
10ml	20ml	Lemon Juice
20g	40g	Danish-style Feta <i>drain & crumble</i>
5ml	10ml	Balsamic Reduction
10ml	20ml	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** To a bowl, add the avocado and lemon juice (to taste), mash with a fork, and season.
- 3. TA-DA!** Top the toast with the smashed avocado and top with feta. Drizzle with balsamic reduction (to taste) and garnish with the bagel spice.