



UCCOOK

All The Greens Avocado Open Sandwich

with Pesto Princess basil pesto & spring
onion

This sandwich looks almost too good to eat, Chef! Gorgeous green layers of creamy avo, fresh leaves, spring onion & dots of Pesto Princess Basil Pesto make this a lunch you will want to take plenty of pics of! #LunchBoss

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Serves: 1 Person

Chef: Samantha du Toit

*New Lunch

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Ingredients & Prep

2	Health Bread Slices
1	Avocado
10g	Green Leaves <i>rinse</i>
1	Spring Onion <i>rinse, trim & finely slice</i>
30ml	Pesto Princess Basil Pesto

From Your Kitchen

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 and set aside half for another meal. Scoop the avocado flesh into a bowl, mash with a fork, and season. Top the toast with the rinsed green leaves, the mashed avo, and the sliced spring onion (to taste). Drizzle over the basil pesto. Get munching, Chef!

Nutritional Information

Per 100g

Energy	1099kj
Energy	263kcal
Protein	7.5g
Carbs	25g
of which sugars	1.3g
Fibre	7.4g
Fat	16.9g
of which saturated	2.3g
Sodium	184mg

Allergens

Egg, Gluten, Allium, Wheat, Cow's Milk

Eat
Within
3 Days