



Eat Within 3 Days

QCOOK

All The Greens Avocado Open Sarmie

with Pesto Princess Basil Pesto & spring onion

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

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

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|---|
| 2 slices | 4 slices | Dumpy Health Bread |
| 1 | 1 | Avocado |
| 10g | 20g | Green Leaves <i>rinse</i> |
| 1 | 1 | Spring Onion <i>rinse, trim & finely slice</i> |
| 30ml | 60ml | 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 avocado, remove the pip, and scoop out the flesh of one half **[both halves]** 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!