



# QCOOK

## Smashed Avo Toast

with balsamic reduction

**Hands-on Time:** 8 minutes

**Overall Time:** 8 minutes

**Lunch:** Serves 3 & 4

**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:

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Serves 3	[Serves 4]	
330g	440g	Dumpy Health Bread
3	4	Avocados <i>cut in half</i>
30ml	40ml	Lemon Juice
60g	80g	Danish-style Feta <i>drain &amp; crumble</i>
15ml	20ml	Balsamic Reduction
30ml	40ml	Old Stone Mill Everything Bagel Spice

## From Your Kitchen

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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.