



# UCCOOK

## All The Greens Avocado Open Sandwich

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	1020kj	4371kj
Energy	244kcal	1045kcal
Protein	6.6g	28.2g
Carbs	22g	95g
of which sugars	1.2g	5g
Fibre	7.4g	31.5g
Fat	16.2g	69.4g
of which saturated	2.2g	9.6g
Sodium	150mg	643mg

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

Eat Within 3 Days

### Ingredients & Prep Actions:

Serves 1	[Serves 2]	
2	4	Health Bread Slices
1	1	Avocado
10g	20g	Green Leaves <i>rinse</i>
1	1	Spring Onion <i>rinse, trim &amp; 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!