



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<br><i>rinse</i>                          |
| 1        | 1          | Spring Onion<br><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!