

AVOCADO TOASTIES

Serves: 4

Preparation time: 10 minutes



INGREDIENTS

- 4 slices of rye or sour dough bread
- 3 ripe avocados
- 1 ½ tbsp of olive oil (or avocado oil if you can get it)
- 1 lime, juiced
- 2 drops of Tabasco
- 6 large basil leaves, chopped
- 2 tomatoes, chopped
- A little salt and pepper to taste



EQUIPMENT

- Knife
- Chopping board
- Bowl
- Fork (to mash)
- Toaster

TOP TIPS

Delicious 'toasties' can be made for a late breakfast or early lunch, try making them for mum and dad on a special occasion!



METHOD

1. On your chopping board, slice around the avocado, top to bottom down to the stone, and twist to halve the avocado. Remove the stone.
2. Peel off all the skin and mash the avocado, but leave it a little 'chunky'.
3. Place in a bowl and add the olive oil, lime juice and a couple of dashes of the Tabasco. Season, and mix well.
4. Chop the tomatoes quite small and leave to one side.
5. Finely chop the basil and leave to one side.
6. Toast the bread and spread the avocado mix on to each slice.
7. Top with the chopped tomato and basil. Ready to serve.

