





AVO ON TOAST (BREAKFAST)

 1 serving  15 minutes

INGREDIENTS

40g sourdough or 1 medium slice whole wheat
1/2 small avocado or 1/4 large diced
Handful of cherry tomatoes, diced
1 spring onion
Lemon
Red chilli
Fresh herbs ie parsley or coriander
Protein: 2 eggs or 50g smoked salmon

DIRECTIONS

1. Toast the bread
2. Dice the tomato, removing the seeds. Mix the diced tomato with diced avocado, spring onion, and season the mixture with lemon juice, salt, red chilli, and chopped fresh herbs like parsley. Top this mixture onto your chosen bread.
3. Add protein to your dish by either incorporating 2 eggs or 50g of smoked salmon.