

Bashed Avocado, Sprouted Seeds, Sun Dried Tomato Sandwich

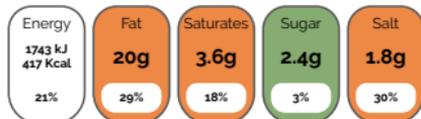
WAYS
TO BE
WELL

High Protein • 800mg Omega 3's
RIVER COTTAGE

Bashed Avocado, Sprouted Seeds, Sun Dried Tomato Sandwich

SERVES 2, SOURCE OF FIBRE

Per average serving



Of an adult's Reference Intake (84000KJ / 2000Kcal)
Typical values per 100g: Energy 724KJ/173KCal

INGREDIENTS:

15g coriander	15g green pitted olives
1 red chilli	15g sundried tomatoes
2 Avocados, chopped	4 slices of sourdough bread
½ lime, juiced	50g mixed bean sprouts
2 tbsps. olive oil	

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METHOD:

1. Chop coriander and deseed and chop the red chilli.
 2. Add the avocado, lime juice and olive oil, crush with a fork or potato masher until a rough consistency is formed and season.
 3. Thinly slice the olives and sundried tomatoes.
 4. Slice the bread, top one slice with the avocado, olives, sundried tomatoes and top with the mixed bean sprouts and finish with a slice of bread.
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