

# Sesame Crusted Avocado on Sourdough Bread

## Ingredients:

### For the salad:

- ❖ 1 x avocado
- ❖ 2 x slices of sourdough bread
- ❖ 1tbsp sesame seeds
- ❖ 1tbsp poppy seeds

Optional: Can be served with poached eggs, sautéed mushrooms, spinach, tomato and chilli.

Serves 2



## Method:

Preheat oven to 190°C with the grill on. Place sourdough bread in the oven until crispy and golden brown. In the meantime, combine poppy seeds and sesame seeds in a bowl and combine. Next cut the avocado down the middle and carefully remove the pip and peel away the outside skin. Finally place each half of the avocado into the seed mix to make a crust. To serve slice the crusted avocado and place on the crunchy bread.