

Avocado and white bean smash on sourdough

This dish makes a great quick lunch or supper dish. Avocado is rich in heart healthy nutrients including fibre, magnesium, potassium and folate. These creamy fruits are also rich in healthy monounsaturated fats that help to increase levels of HDL (good) cholesterol. Fibre also help to reduce cholesterol by binding with it in the gut and removing it from the body.

Serves 2

550 calories per serving

Ingredients

1 large avocado

225g cooked white beans, drained and rinse (I prefer the Spanish variety you can buy in jars but you can use a 400g can of beans)

1/2 garlic clove, minced

1 small handful of coriander, finely chopped

A few chives, finely chopped

1/2 lime, juiced

Sea salt

Black pepper

4 thin slices of fresh bread such as sourdough or rye



Method

- 1. Prepare the avocado by halving, removing the stone and scooping out the flesh. Add the avocado to a medium-sized bowl and mash with a fork.*
- 2. Add the beans to the bowl and continue to lightly mash the mixture.*
- 3. Stir in the garlic, herbs, lime juice, salt and pepper.*
- 4. Toast the bread.*
- 5. To serve, top each slice with the avocado mixture and serve two slices per person on a small plate.*