

OVERALL time: 25 mins

AVO & COTTAGE CHEESE TOAST WITH MARINATED TOMATOES

This quick, healthy toast combines creamy avocado, tangy cottage cheese, and flavorful marinated tomatoes. Perfect for breakfast, lunch, or a snack, it's a simple way to elevate your everyday meals with vibrant, fresh flavors.

Metric

Number of servings : 4

ingredients

For the tomatoes

- 200 g cherry tomatoes, sliced in half
- 1 small shallot, finely minced
- 15 ml fresh dill fronds
- 15 ml olive oil
- 15 ml red wine vinegar
- To taste **Cape Herb and Spice Smashed Avo Shaker**

For the avocado

- 2 large avocados
- 30 g fresh chives, chopped
- Zest and juice of 1 large lemon
- **Cape Herb and Spice Smashed Avo Shaker**

For the bread

- 4 large slices sourdough / bread of choice
- Olive oil, for toasting

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 20 mins | COOKING TIME: 5 mins

For the tomatoes:

Combine tomatoes, shallot, dill, olive oil and vinegar in a bowl.

Season generously with **Cape Herbs & Spice Smashed Avo Seasoning**.

Mix well and set aside until serving.

For the avocado:

Peel and dice the avocados and place in a bowl.

Add the chives, lemon zest and lemon juice.

Season well with **Cape Herbs & Spice Smashed Avo Seasoning**.

Mix vigorously to break up the avocado ever so slightly creating a lovely creamy texture.

To assemble:

Brush sourdough with a little olive oil.

Toast in a frying pan until golden on both sides.

Spread two tablespoons of cottage cheese on each slice of toast.

Top with the avo mix and then the marinated tomatoes.

Serve right away and enjoy!

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram | <http://thesecretlifeofbee.co.za/>

<https://www.capeherb.co.za>

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