



READY TO COOK
BY HARRIS FARM

SOURDOUGH TOAST WITH SALSA VERDE AVOCADO MASH AND SAUTE ASPARAGUS



PREP
10 min



COOK
10 min



SERVES
4

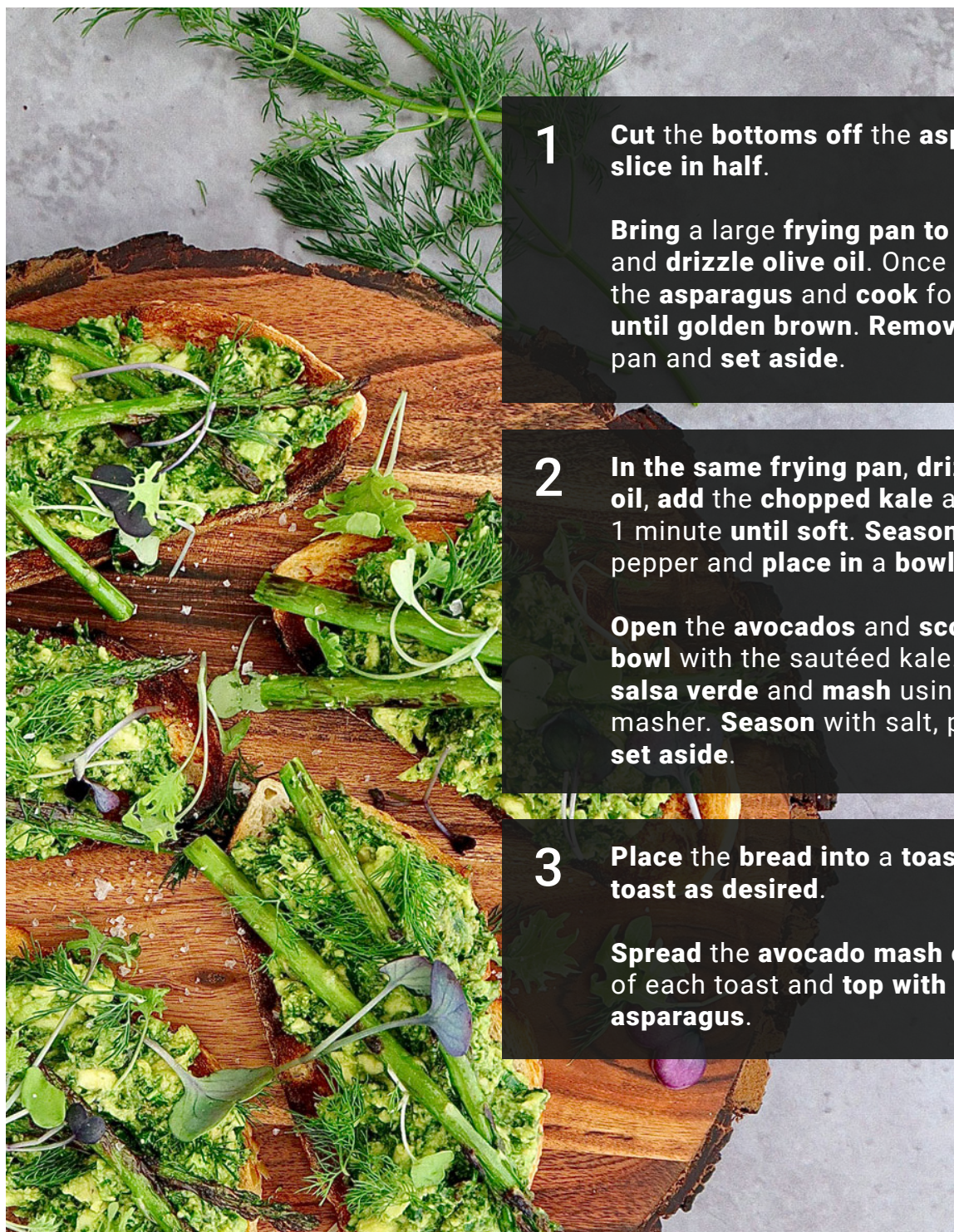
INGREDIENTS:

- > 1 Asparagus Bunch
- > 100g Chopped Kale
- > 2 Avocados
- > 2½ Tbsp Harris Farm Salsa Verde
- > ½ Sourdough Loaf

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Salt and Pepper
- > Olive Oil

METHOD - GET COOKING!



1 Cut the **bottoms off** the **asparagus** and **slice in half**.

Bring a large **frying pan** to a high heat and **drizzle olive oil**. Once hot, **add** the **asparagus** and **cook** for 2 minutes **until golden brown**. **Remove** from the pan and **set aside**.

2 In the same **frying pan**, **drizzle olive oil**, **add** the **chopped kale** and **sauté** for 1 minute **until soft**. **Season** with salt, pepper and **place in a bowl**.

Open the **avocados** and **scoop into** the **bowl** with the **sautéed kale**. **Add** the **salsa verde** and **mash** using a potato masher. **Season** with salt, pepper and **set aside**.

3 Place the **bread** into a **toaster** and **toast as desired**.

Spread the **avocado mash** on top of each toast and **top with sautéed asparagus**.



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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