



# Avocado Toast

*I must admit – this sandwich requires a bit of chopping. But it is so worth it and it will fill you like a real meal, not like a bought sandwich to go...*

*The sourdough toast is topped with homemade guacamole and garlic mushrooms and garnished with roasted peanuts. Full of proteins and healthy avocado oil. It will boost your energy for hours.*

*Healthy and filling lunch or small and lean dinner. As you wish. I ate mine in the garden in the sun. Perfect mixture of sun and flavour for this Mediterranean sandwich.*

*The recipe will be enough for 4 slices of bread.*

## Ingredients

4 slices of sourdough bread  
2 tablespoons roasted pine nuts

### Guacamole

2 avocados  
1 ripe tomato  
1 lemon (the juice)  
herb salt  
black pepper  
1 tablespoon olive oil (you can also use a plant-based milk as a substitute)  
1 chilli

### Garlic Mushrooms

400 g mushrooms (I prefer chestnut mushrooms)  
3 garlic cloves  
herb salt  
black pepper  
1 onion  
1 tablespoon soy sauce  
cayenne pepper  
dried herbs like thyme and rosemary  
2 tablespoons nutritional yeast  
1 tablespoon olive oil

## Instructions

- Prepare the guacamole by cutting the avocado in halves, spoon out the flesh and place it in a blender together with the lemon juice, salt, pepper, olive oil, and the chilli (latter you should cut in pieces to make it easier for the blender). Blend everything to a smooth paste. Cut the tomato in small dices and mix it together with the avocado paste.
- Clean the mushrooms and cut them in thin slices. Dice the onion. Fry the onion until it becomes translucent. Add now – with high heat – the mushroom slices. Now it is time for the garlic. I press it through a garlic press, but you can also cut small dices. Spice it up with dried herbs (rosemary and thyme), cayenne, salt, pepper, and soy sauce. Continue to fry on high heat until the mushrooms are done and there is no liquid left in the pan. Add the nutritional yeast and mix everything.
- Roast your pine nuts with medium heat in a frying pan.
- Toast your sourdough bread. Spread now first the guacamole, top it with a generous portion of mushrooms and garnish it with roasted pine nuts.
- For a take away you may add an additional slice of bread on top and wrap it in parchment paper. But I prefer the single slice version, less dough to hide the delicious taste of avocado and garlicky mushrooms.