

## Avocado, ricotta & tomato smash on toast

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Preparation 10 mins | Cooking 5 mins | Serves 4

*These delicious toasts are great for breakfast or an afterschool snack.*

- 1 tbs olive oil
- 12 ripe cherry tomatoes
- 1 large or 2 small ripe avocados, halved lengthways and deseeded
- 1 tbs lemon juice
- 125g fresh ricotta
- 4 slices sourdough or country style bread

**STEP 1** Heat oil in a medium frying pan over medium heat. Add tomatoes and cook, turning occasionally, for 4-5 minutes until tender. Drain on paper towel.

**STEP 2** Scoop avocado flesh into a bowl. Add lemon juice and roughly mash to combine. Season with salt and pepper to taste. Crumble ricotta over avocado. Stir until just combined.

**STEP 3** Toast bread. Spoon avocado mixture onto toast. Top with tomatoes. Cut in half and serve.

### Good for you... **AVOCADOS**

*Avocados are one of the few fruits that contain some fat, but it's 'good' fat that is essential for health. Top of the fruit and vegetable class for vitamin E, a vitamin needed for healthy red blood cells. A good source of vitamin C, that helps keep gums and teeth healthy.*

