

**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**

## **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://capeherb.co.za>

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