

CHIMICHURRI AVOCADO TOAST | V & GF

RECIPE BY: LINDSEY LOVE | DOLLY AND OATMEAL

| *makes roughly 1/2 cup chimichurri* |

- 1/2 cup fresh parsley, chopped fine
- 1/2 teaspoon dried oregano
- 2 garlic cloves, grated
- 1 tablespoon finely minced red onion
- 2 tablespoons apple cider vinegar
- 1/2 cup extra virgin olive oil
- 1/2 teaspoon fine sea salt
- 1/2 teaspoon red pepper flakes

toast

- 3-4 slices gluten free bread, toasted (or preferred bread slices)
- 1 ripe avocado
- fine sea salt
- nasturtium or herb flowers for garnish (very optional)

METHOD

1. in a mixing bowl, mix together the parsley, oregano, garlic, red onion, vinegar, and olive oil. stir in the salt and crushed red pepper flakes. taste and adjust the salt and vinegar if desired. store the chimichurri in a lidded jar in the fridge for up to 1 week. remove it from the fridge 30 minutes prior to serving.
2. assemble the toast. cut the avocado and mash it into the toast; season with salt, then top with the chimichurri sauce and nasturtium or herb flowers (if using) and eat right away.