



Kurrajong Australian Native Foods

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Recipe by Lee Etherington

## Lees Quickbite! Avocado & Tomato Sandwiches with Lemon Myrtle & Pepperberry Seasoning

After cooking all day every day the last thing proprietor of Kurrajong Native Foods Lee Etherington feels like doing is cooking at home. "I first came across this scrumptious combination after a 15 hour stint in the kitchen. In my exhausted state I just threw together what was on the bench at home & ended up with one of my all time favourites –Beats the BLT by a mile!".

### Ingredients:

1/3 ripe avocado per 'sanga  
2/3 ripe tomato thick sliced & non refrigerated  
Fresh Soy-linseed bread (Helgas or Burgen brand)  
Lemon Myrtle & Pepperberry Seasoning

### Method

Moosh the Avo on one slice of bread  
Sprinkle well with the seasoning  
Lay the tomato over right to the edges  
Sprinkle with a tiny bit more seasoning  
Top with bread & Hook into it! Repeat...

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