



THE ingles TABLE

with Lindsay Moore
Spicy Avocado Toast with Basil

Shopping List

AVOCADO SPREAD

- 1 avocado, cubed
- ¼ teaspoon red pepper flakes (optional)
- ¼ cup basil leaves, roughly chopped
- 1 tablespoon extra virgin olive oil
- juice of ½ lemon
- sea salt and black pepper, to taste

TOAST

- 2-4 slices of your favorite bread (we like Ezekial Sprouted Grain)
- pat of high-quality and/or great tasting butter

Cooking Instructions

1) In a large bowl, place avocado cubes (watch this video if you aren't familiar with cubing an avocado), red pepper flakes (if using), basil, olive oil, lemon juice, and a little bit of salt and pepper (about ½ teaspoon salt, ¼ teaspoon pepper). Gently stir... There's no need to mash.

2) Toast bread slices, and rub it with butter. I like it lightly rubbed with Amish butter, but it's definitely a personal preference.

3) Top with avocado spread and sprinkle with more salt and pepper, a swirl of olive oil, and a bit of sriracha (if using).



ingles-markets.com | inglestable.com