

# Annie's Favourite Friday Family Five Minute Feast

A quick easy healthy instant meal – fast food with a difference.

Prep time: 5 MIN

Total time: 5 MIN

Ingredients.

**ASHBOLT Olive Oil**

**Sliced bread**

**Organic home grown tomatoes - sliced**

**Avocado if desired – sliced**

**Basil leaves – if desired**

**Fresh sea salt and cracked pepper**

Drizzle good quality bread with a little ASHBOLT Olive Oil and toast in a pre-heated sandwich maker.

Meantime, slice some home grown organic tomatoes, lay on hot bread and top with cracked sea salt and pepper. Add sliced avocado or a sprinkle of finely chopped basil leaves if desired. Top with a little more oil for colour and flavour.

A meal fit for kings. Healthy, nutritious and filling. Beats pizza any day!