



Smashed Avocado

with Burrata & Honey Toast

Creamy avocado, warm toasted sourdough, roasted cherry tomatoes and silky burrata finished with a generous drizzle of Mountain Mist Wildflower Honey. Fresh, vibrant and beautifully balanced, it's the perfect café-style breakfast to savour at home.

SERVES 2 | PREP 15 mins | COOK 15 Mins | DIFFICULTY EASY

INGREDIENTS

Toast

- 2 thick slices sourdough bread
- 2 ripe avocados
- Juice of ½ lemon
- Salt and freshly cracked black pepper

Roasted Tomatoes

- 200 g cherry tomatoes
- 1 tbsp olive oil
- Pinch sea salt
- Freshly cracked black pepper

Toppings

- 1 large burrata
- Fresh basil leaves
- Pinch chilli flakes (optional)
- Toasted sesame seeds or dukkah

To Serve

- Mountain Mist Wildflower Honey
- Extra cracked black pepper

METHOD

1. Preheat the oven to 200°C. Toss the cherry tomatoes with olive oil, salt and pepper, then roast for 12–15 minutes until softened and lightly blistered.
2. Meanwhile, mash the avocado with the lemon juice, a pinch of sea salt and cracked black pepper.
3. Toast the sourdough until golden and crisp.
4. Spread the smashed avocado generously over each slice of toast.
5. Arrange the roasted tomatoes around the avocado.
6. Tear the burrata in half and place it on top of the toast.
7. Sprinkle with toasted sesame seeds or dukkah, fresh basil and chilli flakes if using.
8. Finish with a generous drizzle of **Mountain Mist Wildflower Honey** and serve immediately.

MOUNTAIN MIST TIP

Drizzle the Mountain Mist Wildflower Honey just before serving so it gently melts into the warm burrata and roasted tomatoes, creating the perfect balance of sweet and savoury.

Gather around the table.