

Avocado Naan



A perfect and healthy solution for a hearty breakfast, brunch or a light lunch.

Naan bread topped with spinach, avocado and chickpeas. This sandwich boasts with proteins and vitamins. It is filling but light and will keep you going for a few hours.

The recipe is for 4 small naan breads.

Ingredients

4 vegan small naan breads
1 large avocado
250 g baby spinach
½ tin chickpeas
2 tablespoons pine nuts
olive oil
herb salt
black pepper
cayenne
cumin
1 lemon (juice)
2 cloves of garlic

Instructions

- Wash the chickpeas and roast them in a pan with olive oil on high heat. Stir the whole time so they won't burn. Spice with cumin and herb salt.
- Wash the spinach and steam it until done. Pour out any liquid. Add the spinach again in the pan, spice with cayenne, crushed garlic, salt, and pepper and reheat it again.
- Halve the avocado and spoon out the halves. Cut the avocado in thin slices.
- Roast the pine nuts.
- Rub olive oil on top of the naan breads and bake the breads in the oven at 200 C until they become slightly crisp.
- Add a layer of spinach on top of the naan breads. Followed by ¼ of the avocado for each bread. Sprinkle the avocado with lemon juice. Spread on top the roasted chickpeas and pine nuts.
- If you cannot find vegan naan (often milk is used), you can also go for small pita breads.