

# AVOCADO TOAST WITH DUKKAH DRESSING

This recipe takes an ordinary avocado toast and dresses it up into a show-stopping, complete meal. The star is a seasoning called dukkah, a Middle Eastern spice blend made of nuts and seeds. We turn dukkah into a dressing that elevates your avocado toast to a brunch-worthy, restaurant-quality breakfast.

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## INGREDIENTS

4 large pieces of GF sourdough bread  
4 tablespoons carrot spread  
handful of arugula leaves  
2 ripe avocados  
crushed pistachios (optional)  
minced parsley (optional)

### CARROT SPREAD

1/2 lb carrots (about 3 medium)  
2 tablespoons olive oil  
2 tablespoons tahini  
1/2 teaspoon ground coriander  
1/2 teaspoon lemon zest  
1/2 teaspoon salt  
1 clove garlic, roughly chopped

### DUKKAH DRESSING

2 tablespoons dukkah spice  
1 tablespoon lemon juice  
1 tablespoon olive oil  
1/4 teaspoon salt

### DUKKAH SPICE

2 tablespoons pistachios or almonds  
2 tablespoons hazelnuts  
2 tablespoons coriander seeds  
1 tablespoon white sesame seeds  
1 tablespoon cumin seeds

## MAKES FOUR AVOCADO TOASTS

1 Toast the sourdough bread in the toaster or in the oven on a rimmed baking sheet with some olive oil at 350°F.

2 Wash, peel, and cut carrots into even pieces. Place into a steamer basket on the stovetop and cook for about 10 minutes, depending on the size of the carrots, until a knife easily pierces through. Remove the steamed carrots from the stove and let cool.

3 In a mini chopper, add cooked carrots, olive oil, tahini, coriander, lemon zest, garlic, and salt and pulse until the mixture is creamy and smooth. Taste and adjust salt.

4 To make dressing, place dukkah spice in a bowl. Whisk in lemon juice, olive oil, and salt. Set aside.

5 Spread 1 tablespoon of carrot spread on the toast followed by some arugula. Wash, cut, de-seed, and peel the avocado. Cut in half and slice. Place half a sliced avocado on the toast. Drizzle some dressing and sprinkle with crushed pistachios and parsley.

To make dukkah, place pistachios and hazelnuts in a dry pan on medium heat for about 1-2 minutes. Remove from heat and place in a bowl to cool. Place coriander seeds, white sesame seeds, cumin seeds, and fennel seeds in the same dry pan on medium heat for about 1-2 minutes until fragrant. Remove from heat and place in a separate bowl. Place the nuts in a spice grinder and pulse 1-2 times. Then place the seeds into the spice grinder and pulse until the spice is coarse. Place dukkah in an air-tight container. The spice will keep for 1-2 weeks.