

Pear, avocado & rocket open sandwiches

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Australian pears are essential fare for maintaining good digestive health and can be eaten with just about anything.

We love this pear, avocado & rocket open sandwich.

Ingredients (serves 2)

- 4 slices sourdough bread
- 1 ripe [avocado](#)
- 1 ripe Packham pear, quartered, cored and sliced
- ½ cup baby rocket leaves
- 50g shaved parmesan
- Lemon wedges to serve
- Salt and pepper

METHOD

Lightly toast the sourdough bread if desired. Roughly mash a quarter of the avocado onto each slice and season with a pinch of salt.

Top with slices of pear, rocket leaves and shaved parmesan. Grind over black pepper and serve with

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lemon wedges.

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