

Nori & Sesame Avocado Toast

By Eric Kim

Food52 Editors' Comments: Featured in: <https://food52.com/blog/22596-my-nori-avocado-toast-can-move-mountains?preview=true>>My Nori Avocado Toast Can Move Mountains.

Before it broke the internet, avocado toast was the one thing my big brother Kevin made for us all the time. This was in the late '90s, before he moved to California and restaurants would, years later, use it as a crutch on their menus like beet salad with goat cheese. I remember the way an avocado half would make me full; even fuller when I'd smash roasted seaweed snack, sesame oil, and salt into it with a fork. Flecked onto a slice of white plastic bread, it was the most delicious way to satisfy those after-school hunger pangs.

Serves 2, in theory; in practice, 1 **Prep time:** 5 min

- 2 slices sourdough bread, toasted
- 1 ripe avocado
- 1 pack roasted seaweed snack, crushed by hand
- 2 teaspoons sesame oil
- Salt and pepper, to taste
- Black sesame seeds, for garnish, very optional

1. While the bread is toasting, mash the avocado with the roasted seaweed snack and sesame oil in a small bowl or mug. Season with salt and pepper to taste.
2. Spread the nori-flecked avocado "butter" onto the warm toast, garnish with the black sesame seeds, and eat over the sink.