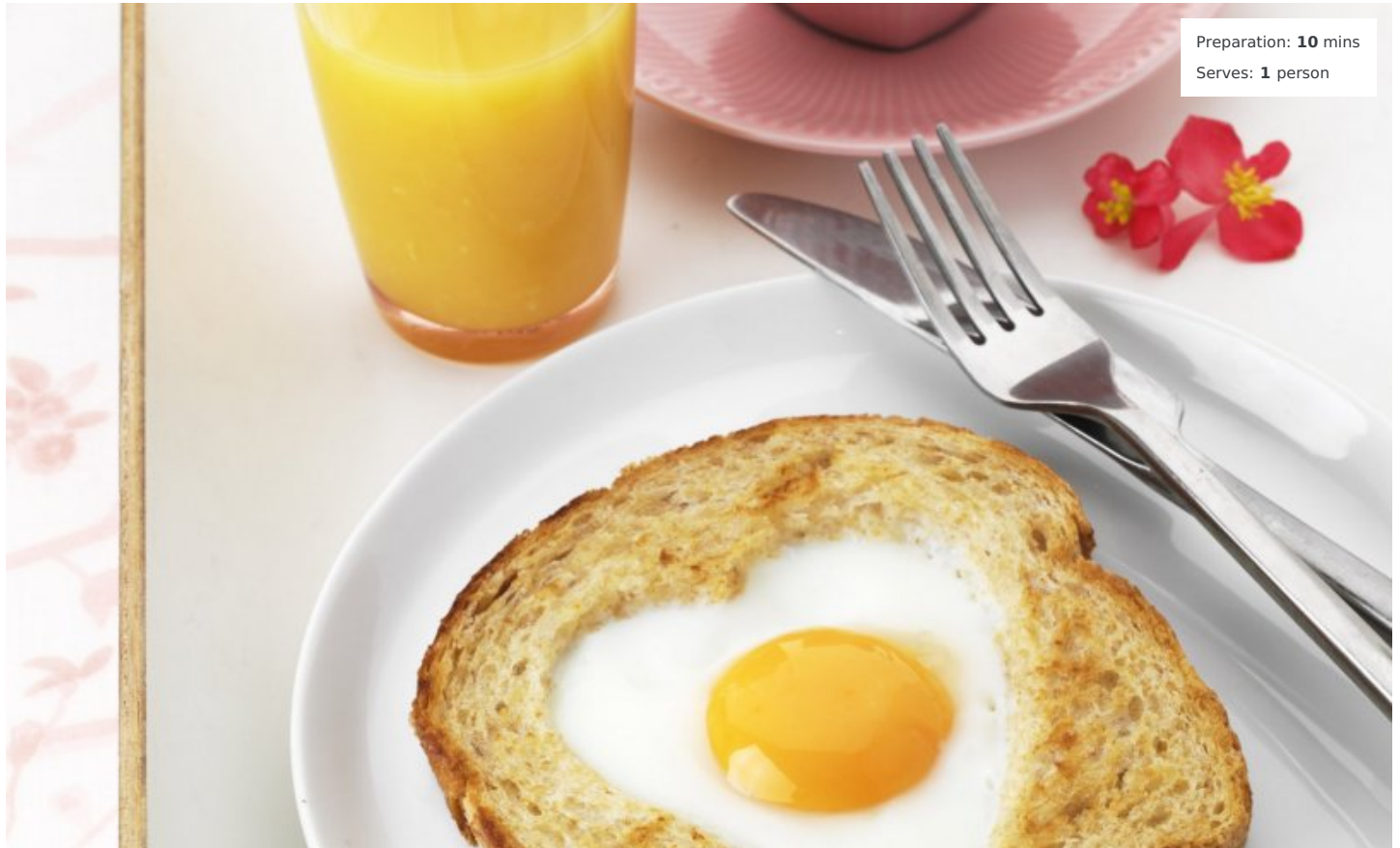


BREAKFAST-IN-BED EGG TOAST

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Categories: Breakfast Recipes, Meals for one

Occasions: Breakfast, Kids



INGREDIENTS

- 1 slice thick wholemeal bread
- 2 tsp soft butter
- 1 egg
- grape tomatoes, halved to serve

METHOD

Use a 9cm heart shaped (for Mum) or star shaped (for Dad) cutter to cut a shape out the centre of the bread. Spread slice of the bread lightly on both sides with butter. Heat the frying pan over medium low heat and add the bread. Cook for 2-3 minutes, until golden brown. Turn over, and carefully crack an egg into the centre. Cover the pan with a lid or baking tray, and cook for 3 minutes, until the egg white has set. Serve with the cherry tomatoes toast on the side.