

CURRIED EGG AND AVOCADO OPEN TOASTY

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INGREDIENTS

- 4 eggs
- 1/3 cup low fat mayonnaise
- 1 teaspoon curry powder
- 1/2 avocado
- 4 slices sourdough bread
- Pepper to taste

METHOD

Place the eggs in a saucepan of boiling water and cook for 8 minutes. Rinse the eggs under cold water, peel and slice. In a medium bowl, combine the mayonnaise and curry powder before folding in the eggs. Season with pepper. Spread each slice of bread with avocado and top with the curried egg mixture.

NOTES

Use your older eggs for this dish to make peeling quick and easy

Use wholegrain bread for a nuttier taste