

# Poached Eggs with Avocado & Feta



Preparation time: 25 mins

Serves: 4 people

User Rating: ★★★★★

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## Ingredients

- 1 large ripe avocado
- 1 tablespoon lemon juice
- 60 g crumbled feta cheese, goat or cow milk
- 2 tablespoon chopped parsley
- 1 tablespoon chopped dill
- 100 g cherry tomatoes, chopped
- 8 eggs
- 1 tablespoon white vinegar

- 2 thick slices sourdough bread.

## Method

### Avocado Smash

1. To make the "smash", place avocado halves in a bowl, fork through to create a rustic mash, add lemon juice, crumbled feta, chopped parsley, dill and tomato. Mix well.

### Poached Eggs

1. Bring a medium shallow saucepan of water and vinegar to the boil. Break egg into a small dish.
2. Reduce the heat, to the water, to a simmer. Carefully slide in the egg.
3. Repeat this process with remaining eggs.
4. Allow 3 – 4 minutes for poached eggs with firm whites and soft runny yolks. Cook longer for a firmer egg. Remove with a slotted spoon, rest on a paper towel to absorb any excess water.

To Serve: Smear Smash on toasted sourdough and top with two poached eggs.

## Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
266g	1840kJ 440kcal	24.1g	21g	6g	35.2g	4.3g	745mg	6.2g

All nutrition values are per serve.