Poached Eggs with Avocado on Toast



| Preparation time: | 10 mins |
|-------------------------|----------|
| Serves: User Rating: | 1 person |
| User Rating: | **** |

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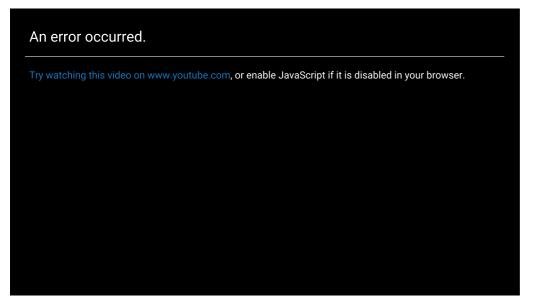
Ingredients

- 1 avocado, diced
- 2 tsp lemon juice
- 2 teaspoons finely chopped fresh parsley
- Pepper, to taste
- 2 eggs
- 2 slices of Sourdough Bread
- Garnish with halved cherry tomatoes and basil (optional)

Method

- 1. Place the avocado in a bowl and mash it with the back of a fork, add the lemon juice, and pepper to taste.
- 2. Crack eggs in the egg poacher, placed into simmering water. Leave for 2-3 minutes.
- 3. Toast the bread and divide the avocado mixture between the two pieces of bread. Place the poached eggs on top and sprinkle with pepper.
- 4. Garnish with halved tomatoes and basil.

Notes



Need some more help. <u>Watch the Video Here</u>

Nutritional Information



All nutrition values are per serve.