

Poached Eggs with Avocado on Toast



Preparation time: 10 mins

Serves: 1 person

User Rating: ★★★★★

Publication: 2 October 2015

Categories: Quick & Easy, Breakfast Recipes, Vegetarian



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

An error occurred.

Try watching this video on [www.youtube.com](#), or enable JavaScript if it is disabled in your browser.

-

Need some more help. [Watch the Video Here](#)

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
311g	2050kj 490kcal	19.7g	29.5g	5.3g	29g	1.8g	479mg	15.8g

All nutrition values are per serve.