

The “Manwich” Fried Egg Sandwich



Preparation time: 20 mins

Serves: 2 people

User Rating: ★★★★★

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Categories: Lunch Recipes, Vegetarian, Meals for One



Ingredients

- 4 fried eggs
- 4 slices wholegrain woodfired loaf, (sliced on the diagonal)
- 2 small avocados
- 1 tablespoon finely chopped red onion
- salt and cracked black pepper
- 4 bocconcini, sliced

- 1 large tomato, sliced
- 1½ cups baby rocket leaves
- extra virgin olive oil, to drizzle

Method

1. Heat a little olive oil in a large non stick frying pan over medium heat. Add the bread and cook (in two batches if necessary) for 1-2 minutes on each side or until light golden. Remove and set aside.
2. Place the avocado flesh in a bowl and mash roughly, along with the red onion, salt and pepper.
3. Spread one side of the bread with avocado. Top with sliced bocconcini, tomato and rocket. Drizzle with olive oil. Top with fried eggs and sprinkle with extra salt and pepper.

Notes

Want to know how to make perfect fried eggs, every time? [Discover our easy fried eggs recipe today!](#)

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
446g	2840kJ 679kcal	35.3g	42.1g	13.6g	32.3g	5g	747mg	15.2g

All nutrition values are per serve.