

# The “Manwich” Fried Egg Sandwich

Preparation time: 20 mins  
Serves: 2 people  
User Rating: ★★★★★

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## 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)
<b>446g</b>	<b>2840kJ</b> <b>679kcal</b>	<b>35.3g</b>	<b>42.1g</b>	<b>13.6g</b>	<b>32.3g</b>	<b>5g</b>
Sodium	Fibre					
<b>747mg</b>	<b>15.2g</b>					

All nutrition values are per serve.