

POACHED EGGS WITH AVOCADO ON TOAST



INGREDIENTS

- 1 avocado, diced
- 2 tsp lemon juice
- 2 tsp 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.