

Smashed Avocado & Poached Eggs on Toast

Serves 4

INGREDIENTS

- 1/2 ripe avocado
- 2 free range medium sized eggs
- 2 slices wholegrain toast
- Salt and pepper for seasoning



Scrambled or sliced boiled egg also works really well.

METHOD

1. Remove the skin and stone from the avocado half.
2. Mash the avocado in a bowl with a fork.
3. Cook toast.
4. Poach the eggs.
5. Remove toast from toaster. Equally distribute the avocado spread onto the toast.
6. Place the poached eggs on the top.
7. Season to taste as required.

Serving Suggestion - enjoy with fresh, oven roasted or grilled vine tomatoes.