



Poached Eggs On Avocado & Feta Toast

Servings: 2

Prep Time: 5min

Cook Time: 5min



Ingredients

- 2 tbsp white wine vinegar
- 2 large eggs
- 1 avocado
- 50g feta
- 1 tsp chilli flakes
- juice ½ lemon
- 2 slices of sourdough

Directions

1. Fill a large saucepan with water, add the vinegar and bring to a hard boil over a high heat. Once boiling, reduce the heat so the water is simmering, then use a spoon to swirl the water into a whirlpool. Crack in both eggs and cook for 2 1/2 mins.
2. Meanwhile, in a small bowl, mash the avocado, feta, chilli flakes and lemon juice, and season well with black pepper. Toast the bread.
3. Pile the avocado and feta on the toast, then put a poached egg on top of each.