

Poached Eggs With Smashed Avocado & Tomatoes

Servings: 2

Prep Time: 10min

Cook Time: 10min



Ingredients

- 2 tomatoes, halved
- ½ tsp olive oil
- 2 eggs
- 1 small ripe avocado
- 2 slices seeded wholemeal soda bread
- 2 handfuls rocket

Directions

1. Heat a non-stick frying pan, very lightly brush the cut surface of the tomatoes with a little oil, then cook them, cut-side down, in the pan until they have softened and slightly caramelised. Meanwhile, heat a pan of water, carefully break in the eggs and leave to poach for 1-2 mins until the whites are firm but the yolks are still runny.
2. Halve and stone the avocado, then scoop out the flesh and smash onto the bread. Add the eggs, grind over black pepper and add a handful of rocket to each portion. Serve the tomatoes on the side.