



Avocado Toast

With Poached Eggs, Tomato and Parsley

Easy Recipe 10 minutes High MUFA Fats Heart Healthy



This is a great breakfast that is high in mon-unsaturated fats. The protein from the eggs will also keep you feeling fuller for longer.

Nutrition Per Serving

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|---------|--------|---------------|--------|--------|---------|--------|--------|
| Energy | Fat | Saturated Fat | Sugars | Salt | Protein | Carbs | Fibre |
| 1607 Kj | 25.4 g | 12.3 g | 2.44 g | 376 mg | 21.8 g | 17.4 g | 11.1 g |
| 18.5% | 36% | 21% | | 39% | 30% | | 44.4% |

Ingredients

- 1 Slice of Bread
- ½ Avocado
- 2 x Eggs
- ½ Tomato
- 2 Sprigs of Parsley
- Pinch of Salt and Pepper

Method

1. To poach the eggs in a large pot heat water to around 80 degrees. The way I tell the temperature without a thermometer is that there is some steam rising, some tiny air bubbles on the bottom of the pan but the water is still and not boiling.
2. Using a spoon create spiral in the water, but think gentle stream as a pose to tornado.
3. Carefully crack the eggs and then into a small cup or ladle and place them into the gently spinning water for 4-5 minutes.
4. While the eggs are cooking simply dice up the tomato and chop the parsley and mix together.
5. Carefully open the avocado and remove the skin. Slice or mash depending on your preference.
6. Toast the bread then top with the avocado, then the eggs and finally the tomato mixture.