



Poached Eggs on Avocado & Feta Toast

- Serves 2
- 10 minutes
- Easy
- Vegetarian

Ingredients

- 2 tbsp white wine vinegar
- 2 large eggs
- 1 avocado (or use 200g cooked peas)
- 50g feta
- 1 tsp chilli flakes
- Juice ½ lemon
- 2 slices of toast



Step 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.



Step 2:

Meanwhile, in a small bowl, mash the avocado, feta, chilli flakes and lemon juice, and season well with black pepper. Toast the bread.

Step 3:

Pile the avocado and feta on the toast, then put a poached egg on top of each.