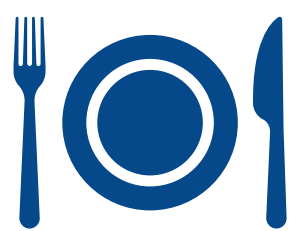


SALMON, AVOCADO & POACHED EGG ON SOURDOUGH



SERVINGS
1



PREP TIME
5 MINS



COOKING TIME
5 MINS

INGREDIENTS

- 1 large slice sourdough bread
- ½ ripe avocado
- 1 x 3.9 oz (110g) can salmon, drained
- 1 egg
- ½ tsp black sesame seeds
- ½ tsp white sesame seeds
- 1 tsp extra virgin olive oil
- Salt and freshly ground black pepper

TOP TIP

Keep the salmon in large flakes rather than breaking it up too much. It gives the dish better texture and makes the finished toast look much more appealing.

DIRECTIONS

1. Toast the sourdough until golden and crisp.
2. Slice the avocado and arrange it over the toasted sourdough.
3. Break the drained canned salmon into chunky flakes and spoon over the avocado.
4. Bring a small saucepan of water to a gentle simmer. Crack the egg into a small cup, then carefully lower it into the water. Poach for around 3 minutes, or until the white is set and the yolk is still soft.
5. Lift the poached egg from the water with a slotted spoon and place it on top of the salmon.
6. Sprinkle over the black and white sesame seeds, season with a little salt and freshly ground black pepper and finish with a drizzle of extra virgin olive oil.
7. Serve immediately for a simple, nutritious breakfast packed with protein and omega-3 fats.

