

Avocado Toast with Soft-Boiled Egg

Try this breakfast recipe¹ packed with complex carbs, protein, healthy fats and fibre.

Nutritional Info (per serving): 323 calories, carbs 21.6g, fat 22.1g, protein 13.3g



Photo by Wesual Click on Unsplash

Ingredients (serves 1)

1 slice of wholegrain bread, toasted
1 egg
1/2 avocado, mashed
Salt to taste
Pepper to taste

Method

Boil some water. Once boiling, reduce the heat to medium-high and put the egg into the water. For a runny soft-boiled egg, it takes 6 minutes, or 7 if you want the yolk more set. Remove the egg from the water and put it in an ice bath for 2 minutes to stop the egg from cooking more. Remove the eggshell. Spread your avocado on the toast of your choice, top with the boiled egg and enjoy!



GALLANACH

¹ Recipe by Lacey Baier in Entrees