



# Poached Egg Avocado Toast

## INGREDIENTS

- 1 avocado
- 2 slices of bread
- 2 eggs
- Salt and pepper to taste

## DIRECTIONS

- 1) Toast the bread
  - 2) Cut avocado in half. Remove avocado from peel and cut into slices
  - 3) Place avocado slices on toast
  - 4) Top with a poached egg
  - 5) Sprinkle with salt and pepper
- Enjoy!



**Prep Time:** 2 minutes

**Cook Time:** 7 minutes

**Total Time:** 5 minutes

**Serves:** 1 (makes two pieces of toast)

## HOW TO POACH AN EGG:

- 1) Bring a large pot of water to boil, then turn reduce heat
- 2) Crack an egg into its own small bowl
- 3) Add 1 tbs of light-colored vinegar to pot and stir to create a vortex
- 4) Pour bowl with egg into the middle of the vortex and wait 3 minutes
- 5) Once egg is done, use a slotted spoon to remove the poached egg
- 6) Remove excess water
- 7) Serve and eat immediately