

## Poached Eggs and Avo on Toast



TIME TO  
PREPARE

5 minutes



COOK  
TIME

5 minutes



SERVING

1 serving



PREPARED BY

<https://www.swsas.org.au/>

### Ingredients

- 2 eggs
- 2 slices whole grain bread
- 1/2 avocado
- Pinch of salt & pepper
- fresh herbs (parsley, thyme, or basil) if desired
- 4 Cherry tomatoes
- 10g of Danish feta or Parmesan Cheese for topping
- Squeeze of lemon
- 1 tsp of White Vinegar

### Method

01. Bring a pot of water to boil (use enough water to cover the eggs when they lay in the bottom). You do not need to stir the water; this is just an effect if you would like spiralled like eggs.
02. While the eggs are cooking, toast the bread and smash the avocado on each piece of toast. When the eggs are done, use a spatula to lift the eggs out of the water and place the poached eggs on top some paper towel to dry excess water.
03. Squeeze some lemon onto the avo (this will enhance the flavour) then top with eggs.
04. Sprinkle with Parmesan/feta cheese, salt, pepper, and fresh herbs; serve with fresh or pan-fried cherry tomatoes.
05. **TIP:** Adding a teaspoon of vinegar to the water before boiling helps the eggs stay together in the water.

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