



Eggs and Avocado with tomato, mushroom and spinach on sourdough

Ingredients

- 2 eggs
- 2 pieces of sourdough bread
- ½ and avocado (approx. 30gm)
- 100gm spinach
- 100gm cherry or sweet solonato tomatoes
- 100gm mushrooms
- Extra virgin olive oil to use in the frypan

Steps

1. Bring a saucepan to the boil and poach 2 eggs (takes approx. 5 minutes depending how runny or hard you want them).
2. Toast the sourdough and place on the plate when cooked.
3. While the eggs are cooking, cut up the mushrooms, spinach and tomatoes.
4. In a separate pan, cook the mushrooms, spinach and tomatoes and then place onto the plate.
5. Cut up the avocado into slices and place on one slice of the bread.

