



## EGGS ON TOAST WITH AVACADO & TOMATO SALSA

- GT, SOYF, SF, DF, NF

# 25

### INGREDIENTS

- 1 tsp. Macadamia oil
- 2 eggs
- 2 thick slices multigrain bread

#### Salsa

- 2 baby Roma tomatoes, chopped
- 1 small avocado, stone removed, peeled, chopped
- 1 Tbsp. fresh lemon juice
- 1 Tbsp. chopped fresh chives

### METHOD

- 1 To make the salsa, combine the tomato, avocado, lemon juice and chives in a bowl.
- 2 Heat a non-stick frying pan over medium heat then drizzle a little oil into the pan.
- 3 Carefully break an egg into the pan trying not to break the yolk. Cook for 2-3 minutes or until set.
- 4 Meanwhile, toast the bread until golden and place on serving plates.
- 5 Top each piece of toast with an egg. Spoon over the salsa.

SERVES 2

### NUTRITION INFO

#### CALORIES

312

#### TOTAL FAT

22.8g

#### SAT. FAT

10.7g

#### SODIUM

212.5mg

#### TOTAL CARBS

14.3g

#### FIBRE

4.1g

#### SUGARS

11.3g

#### PROTIEN

11.2g