



POACHED EGGS WITH ASPARAGUS AND AVOCADO

This dish is great for a weekend breakfast or brunch when you have extra time. replace poached egg with soft boiled if you like

🕒 10 minutes

🕒 20 minutes

🍴 2 portions

INGREDIENTS

- 160 grams of asparagus, raw
- 2 large units of egg, whole, raw, fresh (100 g)
- 2 slices of bread, wholegrain (64 g)
- 80 grams of cheese, feta
- 1 tsp of white vinegar, 5 g)
- 1 tbsp chopped of chives, raw (Optional)
- 2 tablespoons of oil, olive, salad or cooking (27 g)
- 1 avocado without skin and seed (136 g)
- 1 tbsp of lemon juice (15 g)

COOKING METHOD

- 1° Bring a saucepan of water to the boil over medium-high heat. Add asparagus and cook for 2 minutes until bright green and tender. Transfer to plate. Cover to keep warm.
- 2° Crack an egg into a small bowl. Stir vinegar into water to create a whirlpool, and slide egg gently into water. repeat with other egg. Simmer for 2 minutes for a soft yolk, or until done to your liking. Use a slotted spoon to remove and drain.
- 3° Mash mash avocado. Add salt, pepper and lemon.
- 4° Toast Bread. Place on plate for serving. Top with mashed avocado mix, asparagus and egg. Crumble feta over top and sprinkle with chives. Season with pepper. Serve.
- 5° TIP: You can also add the feta to the avocado mix if you prefer.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (295 g)	% DRI
ENERGY	173 kcal	509 kcal	25 %
FAT	13 g	39 g	59 %
FATTY ACIDS, TOTAL SATURATED	4 g	10 g	52 %
CHOLESTEROL	75 mg	222 mg	74 %
SODIUM	231 mg	682 mg	28 %
CARBOHYDRATE	8 g	25 g	8 %
SUGARS	1 g	3 g	—
FIBER	3 g	8 g	33 %
PROTEIN	6 g	19 g	—