

Snack:

# Poached Eggs With An Avo Twist

Always wanted to poach an egg? Learn how with this recipe as well as spicing it up with delicious avocados and cherry tomatoes! Healthy but oh-so-delicious.



## INGREDIENTS

4 Eggs  
4 avocados  
20 fresh Rocket lettuce leaves  
8 Cherry tomatoes

## CHEF'S TOP TIPS

THIS RECIPE SERVES FOUR PEOPLE. SO IF YOU ARE MAKING IT JUST FOR YOURSELF, CUT DOWN THE INGREDIENTS TO YOUR LIKING! GET EATING!

1. Cut up Avocado out of the shell, squash the until they are still together in parts (shown in picture). Cut Cherry tomatoes into 2 and leave them to the side until further notice.
2. Now for the poached egg, add a small dash of vinegar to a pan with 1 and ½ cups of water, steadily simmering water. Crack eggs individually into a ramekin or cup.
3. Create a gentle whirlpool in the water to help the egg white wrap around the yolk. Slowly tip the egg into the water, white first. Keep it in the heat until looks like picture above.
4. Spread avocado on to a plate add about 5 rocket leaves on top of the avocado, place egg on top of the leaves, then place tomatoes. Voila, enjoy!