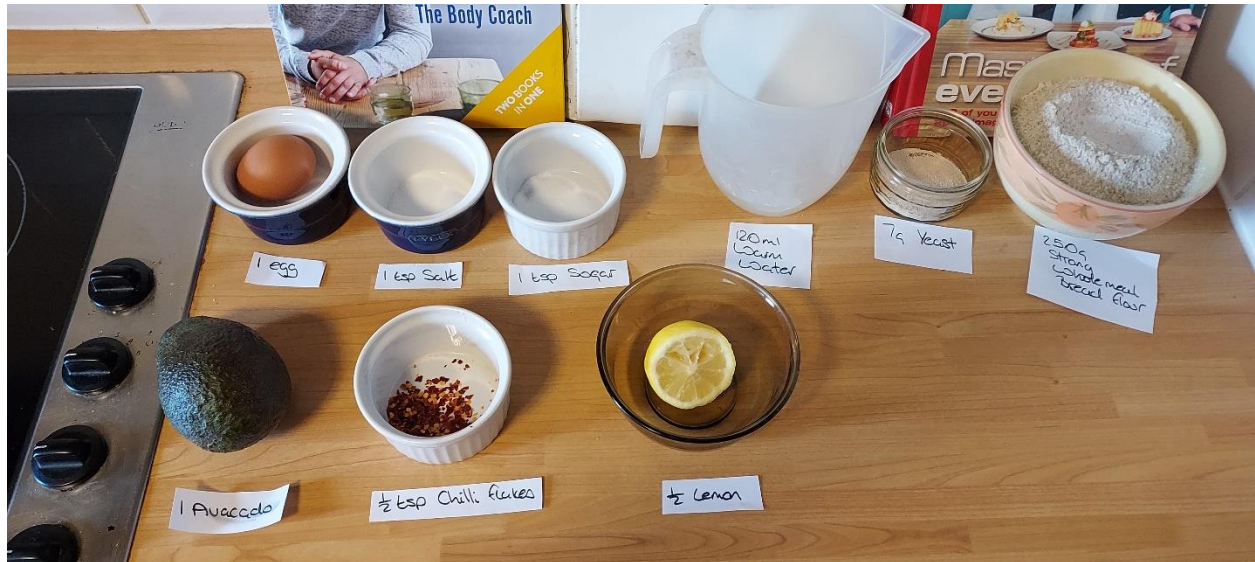


TASTY AVOCADO ON TOAST TOPPED WITH A SPICED POACHED EGG

Ingredients



Equipment

- 1x large bowl
- 1x sieve
- 1x bread knife
- 1x spatula
- 1x baking tray
- 1x deep saucepan
- 1x bowl ice water
- 1x sheet baking paper
- 1x sheet cling film

Pre heat oven 180C – this is for the bread – cooking time 20 minutes

To make the bread



Sieve the flour into a bowl,



add the yeast,



sugar,



warm water



and ½ tsp of salt,



mix into dough consistency,



cover and leave for 30 minutes.



Sprinkle some flour onto the worksurface, remove the dough from the bowl and knead for 2 minutes,



shape dough into a loaf



and place on the baking paper on the oven tray and put in center of oven for 20 mins (oven to be pre heated to 180C)



remove bread from oven, to check cooked, tap on bottom, should sound hollow.

To poach the spicy eggs



In a deep pan boil water,



using a glass cover the top with cling film and using your fingers make an indent for the egg,



crack the egg into the cling film,



add a pinch of salt and chili flakes,



carefully remove cling film from the cup and seal at the top,



place in the boiling water for 5 mins,



remove from the boiling water and place immediately in the ice water (this prevents the egg cooking more)

Plating



Slice bread as desired,



place sliced avocado on top,



drizzle lemon juice over,



sprinkle a little chili flakes



and remove egg from cling film and place on top.



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