

Quick Avocado Toast with Poached Egg

Start your day with a nutritious and delicious avocado toast topped with a perfectly poached egg. This healthy breakfast is quick to prepare and full of flavor, making it ideal for busy mornings.


10 min

Total time

easy

Difficulty

320

kcal / serving

Ingredients

- 1 slice whole-grain bread
- 1 ripe avocado
- 1 egg
- Salt and pepper to taste
- Red pepper flakes (optional)
- Lemon juice (optional)

Steps

- 1 Toast the whole-grain bread until golden brown.
- 2 While the bread is toasting, bring a small pot of water to a gentle simmer.
- 3 Crack the egg into a small bowl, then gently slide it into the simmering water. Poach for about 3-4 minutes, or until the white is set but the yolk is still runny.
- 4 In a bowl, mash the avocado with a fork, adding salt, pepper, and a splash of lemon juice to taste.
- 5 Spread the mashed avocado on the toasted bread.
- 6 Carefully remove the poached egg from the water and place it on top of the avocado toast.
- 7 Sprinkle red pepper flakes if desired, and serve immediately.