



NIC'S AVOCADO TOAST WITH POACHED EGGS

It is hard to beat a good old avo toast with poached eggs.

Recipe by Pete Evans

Cook Time 15 minutes | Serves 4

My wife Nic makes the most awesome paleo and keto breads and she never follows a recipe – she just freestyles. She loves to use her breads in as many different ways as possible, and it is hard to beat a good old avo toast with poached eggs. We are lucky enough to have our own chickens that produce the most beautiful eggs for us.

Ingredients

2 avocados, diced
80ml (1/3 cup) white or apple cider vinegar
8 eggs
paleo bread 8 slices, toasted
150ml south american dressing (page 242)
sea salt
freshly ground black pepper

Method

Place the avocado and 3 tablespoons of the dressing in a bowl, crush lightly with a fork, then mix to combine. Season with salt and pepper.

Meanwhile, pour the vinegar into a saucepan of boiling salted water, then reduce the heat to medium–low so the water is just simmering. Crack an egg into a cup. Using a wooden spoon, stir the simmering water in one direction to form a whirlpool and drop the egg into the centre. Repeat with the remaining eggs and cook for 3 minutes for runny yolks, or cook to your liking. Remove the eggs with a slotted spoon and place on paper towel to drain.


To serve, spread the avocado over the toast, then top with a poached egg. Drizzle over the remaining dressing and finish with a sprinkle of salt and pepper.

TIP: Add a little smoked trout to this dish, if you fancy.

Sponsored by
House

We are Cooking, Dining and Entertaining 24/7 houseUK.com

AU: house.com.au
UK: houseuk.com

 [#showyourhouse](https://www.instagram.com/showyourhouse)
[#letscookthatbook](https://www.instagram.com/letscookthatbook)