

BREAKFAST TOAST WITH EGG AND AVOCADO SALSA



Ingredients

- 1/2 avocado, peeled and cubed
- 1 Roma tomato, seeded and finely diced
- 1 Tbs lime juice
- 1 Tbs finely diced coriander
- 2 tsp sweet chilli sauce
- 2 poached eggs
- Toasted Burgen Soy-Lin

Directions

1. To make the salsa: combine avocado, tomato, lime juice. Coriander in a small bowl and mix lightly.
2. Serve salsa with a poached egg, toast and a drizzle of sweet Chilli sauce.



You can make this dish without the toast for a lower carb alternative.

PREPARATION: 10MIN
COOKING TIME: 10MIN
SERVES 1-2 PEOPLE