

Chopped egg and avocado on toast

Serves 1

300 calories per serving

Ingredients

1 egg

1 small avocado

1/2 yellow pepper, deseeded and finely diced

1 spring onions, finely sliced

2 chives, finely chopped

1 small handful of coriander, finely chopped

1/2 lemon, juiced

Sea salt

Black pepper

1 tbsp Extra virgin olive oil

1 slice of granary bread, toasted



Method

- 1. Place the egg in a small pan of water set over a high heat and bring to the boil. Simmer for 8 minutes then take the pan off the heat and place under cold running water to cool.*
- 2. Once cooled (about 2 minutes), peel the shell from the egg. Quarter the egg.*
- 3. Add the remaining ingredients (except the granary toast) to a medium-sized bowl and combine well.*
- 4. Serve the egg on a plate with the avocado mixture and granary toast.*