

Avocado smash, tomatoes & egg on toast



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Preparation 10 mins | Cooking 3 mins | Serves 4

- 4 free-range eggs
- 1 large ripe avocado
- 1 tbs lime or lemon juice
- 4 slices wholegrain bread
- 2 vine-ripened tomatoes, sliced

STEP 1 Place eggs in a small saucepan of cold water. Bring to the boil over high heat. Turn off heat and leave eggs in the water for 7 minutes. Drain, refresh in cold water then peel and slice.

STEP 2 While the eggs are standing in the hot water, halve avocado lengthways, deseed and scoop flesh into a bowl. Add lime or lemon juice. Using a fork, roughly mash avocado.

STEP 3 Toast the bread. Top bread with avocado, sliced boiled eggs and tomatoes and serve.

Good for you... **TOMATOES**

The richest food source of lycopene, a member of the carotenoid family which is important for the health of the prostate gland. The redder the tomato, the higher its lycopene content. An excellent source of vitamin C, which the body uses to defend itself against infection.

