

Breakfast

RECIPE CARD

Poached Eggs on Toast

RECIPE NAME

Breakfast

MEAL TIME

5 minutes

PREP TIME

20 minutes

TIME TO COOK

Add Mushrooms and Avocado for an insta-worthy breakfast - always make sure you check calories.

NOTES

260 kcal

CALORIES

INGREDIENTS

- ★ 3-4 tomatoes, halved (or 6-8 cherry tomatoes, left whole)
- ★ Low-calorie cooking spray
- ★ 1 tsp white wine vinegar
- ★ 2 eggs
- ★ 2 slices wholemeal bread from a small 400g loaf

METHOD



Preheat your grill to medium-high.



Place the tomatoes on a non-stick baking tray, season lightly and spray with low-calorie cooking spray.



Grill for 10-15 minutes, until starting to soften. , Bring approx. 5cm water to a very gentle simmer in a large, deep frying pan (*a few bubbles should be rising from the base*)



Add the vinegar and a pinch of salt. Break the eggs into a teacup, one at a time, and slide them into the hot water.



Leave them to poach for 3½ minutes.



Carefully lift the eggs out of the pan with a slotted spoon and serve on the toast, with the tomatoes on the side.