

Smoked Salmon & Poached Eggs on Sourdough

Ingredients – Serves 1

- 2 slices of Sourdough bread toasted
- ½ avocado smashed
- 2 slices of smoked salmon
- 2 eggs, poached
- 1/4 tsp freshly squeezed lemon juice
- Pinch of cracked black pepper
- Dash of Kikkoman soy sauce
- 1 handful of Spinach and 4 spears of Asparagus (optional)



Method:

1. In a small bowl, smash the avocado. Add the lemon juice and a pinch of salt; mix well and set aside.
2. Poach your eggs for 3 minutes and toast your bread.
3. Place the smoked salmon on tin foil and grill for 3-4 minutes
4. Once your bread is toasted, spread the avocado on both slices and add the smoked salmon to each slice.
5. Microwave the asparagus for 1-2 minutes
6. Carefully transfer the poached eggs to their respective toasts.
7. Hit with a splash of Kikkoman soy sauce and some cracked pepper; garnish with spinach and add lay the asparagus on top.