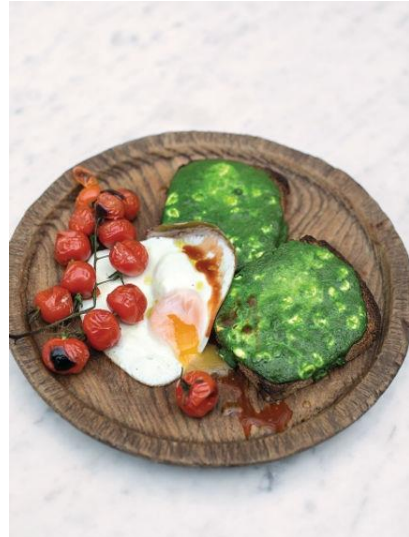


Toasted Popeye Bread

Ingredients – Serves 1

- 160g ripe cherry tomatoes on the vine
- 2 slices of Rye Bread
- 2-3 large free-range eggs
- 15g slice of quality smoked ham
- 1 handful of baby spinach
- 1 tablespoon semi-skimmed milk
- 1 tablespoon of low fat cheddar cheese
- Chilli flakes (optional)
- Balsamic Glaze (optional)



Method:

1. Preheat the grill to medium/high.
2. Lay the tomato vines in a large baking tray, prick each tomato with the tip of a sharp knife and grill for 4 minutes, then add the bread to the tray to toast on both sides.
3. Meanwhile, crack 1 egg into a blender, add the ham, spinach, a good pinch of black pepper, chilli flakes and the milk and blitz until smooth.
4. Take the tray from under the grill and divide the green egg mixture between the 2 pieces of toast, spreading it right out to the edges.
3. Sprinkle with cheddar cheese then pop back under the grill for another 4 minutes, or until starting to brown at the edges.
4. Meanwhile, poach the remaining egg on a medium heat and cook to your liking.
5. Divide up the Popeye bread and serve with the poached egg and the grilled tomatoes, drizzle with balsamic glaze.