



The Average Rose

Avocado Toast + Poached Egg

(serves 2)

INGREDIENTS

- 2 ripe avocados
- 2 100% whole wheat bread
- 2 organic large eggs
- Crushed sunflower seeds or/and almonds
- 1 pinch of sea salt

- 1/2 lemon, juiced
 - * more or less, but don't flood your avocado and wet your toast*

INSTRUCTIONS

1. Scoop out the avocados into a bowl, and smash them with a fork
 - * how to cut: cut it lengthwise in half around the seed, slightly turn the two halves in opposite directions, and simply scoop out the pit with a spoon *
2. Add lemon juice, salt, into the mashed avocado, and mix them well
3. While poaching your egg, drizzle a little olive oil on the breads, and toast them until brown
 - ***lazy egg-poaching tip:** (no vinegar or creating swirl needed) simply use a SMALL POT of boiling water, crack 2 or more eggs into the pot, so they won't move around and distort the shape! Wait for about 3-4 minutes and put them on a paper towel to dry
4. Spread the smashed avocado evenly or pile it up on your toasts, sprinkle the crushed almonds/sunflower seeds, and add on the poached eggs