

**SMASHED EGG & AVOCADO ON TOAST**

🕒 10 minutes

🕒 15 minutes

🍴 1 portion

**INGREDIENTS**

- 2 large eggs, (100 g)
- 2 tbsps of hummus, (30 g)
- 2 slices of bread, wholegrain (64 g)
- 60 grams of avocado
- 20 grams of rocket, raw

**COOKING METHOD**

- 1° Place egg into a small saucepan of water and bring to the boil over high heat. As soon as the water boils begin timing for 5mins. drain and cool under cold running water.
- 2° When cool enough to handle, peel egg and place in bowl. Mash with a for. Add hummus and season with salt & pepper. Mix until combined
- 3° Toast bread and spread with egg mash. Top wit avocado slices and rocket.

**NUTRITIONAL INFORMATION**

	PER 100 g	PER PORTION (274 g)	% DRI
ENERGY	175 kcal	480 kcal	24 %
FAT	10 g	26 g	41 %
FATTY ACIDS, TOTAL SATURATED	2 g	6 g	28 %
CHOLESTEROL	136 mg	372 mg	124 %
SODIUM	212 mg	582 mg	24 %
CARBOHYDRATE	14 g	38 g	13 %
SUGARS	1 g	4 g	—
FIBER	4 g	10 g	40 %
PROTEIN	9 g	25 g	—