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Recipe © Rosemary Conley Enterprises

## POACHED EGG & AVOCADO ON TOAST

A healthy, tasty lunch. Don't worry about the fat content exceeding Rosemary's usual 5% rule – avocados give us good fat.

Serves 1

Per serving: 292 calories, 10.8% fat

Prep time 5 mins

Cook Time 3 mins

## INGREDIENTS

1 medium sized egg

½ an avocado, stone removed,  
peeled and sliced

1 medium slice of wholegrain bread

20g mixed green leaves, such as watercress  
or baby spinach

1 tsp cider vinegar

Pinch of salt

Freshly ground black pepper

## METHOD

1. Break the egg into a cup. Bring 300ml water to the boil in a saucepan, adding 1 tsp cider vinegar and a pinch of salt. Tip the pan to one side, allowing the water to roll over in the pan, then gently drop the egg into the water and cook for 2½ minutes.
2. Meanwhile, toast the wholegrain bread. Once toasted, place on a plate and top with the green leaves and the avocado slices.
3. Lift the egg out of the pan, using a slotted spoon, and set it on top of the avocado slices. Season with black pepper.



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