



Royal
Botanic Garden
Edinburgh

Botanic Cottage Community Cook Club Late February 2021

A simple breakfast

Avocado toast with poached egg and seeds



Avocados are a bit of a treat, we don't grow them in the UK so when I do have one I want to make it a bit special. They're a bit of a pain to ripen, but when they're ready this is one of my favourite ways to enjoy them. I'll suggest a few more alternative toppings underneath the recipe.

This recipe includes instructions on poaching eggs, but feel free to use your own method instead. The biggest help for poached eggs regardless of method is to use the freshest, best eggs that you can. Keep older eggs for omelettes or frittatas, they just won't hold together for poaching.

Ingredients- per person

- 1 small or ½ a large avocado
- A squeeze of lemon or lime
- Salt and pepper
- Olive oil
- 1 or 2 eggs (depending on appetite!)
- 1 tsp white wine or cider vinegar
- 1-2 slices of toast
- 1 tbsp pumpkin seeds
- A pinch smoked paprika (optional)

You will need a small pot and slotted spoon, a bowl and a fork

Method

1. Fill a small pot with water and bring to a simmer. Add 1 tsp of vinegar to the water. Break the egg and gently drop into the water. Poach for around 2 minutes until the white of the egg is cooked (cook for longer if you don't want a runny yolk). Remove from the water with a slotted spoon.
2. Make your toast.
3. Peel, destone and mash the avocado. Add a squeeze of citrus, a tiny drizzle of olive oil and some salt and pepper. Taste for seasoning.
4. Spread the mashed avocado over the toast, top with the poached egg and then the pumpkin seeds and paprika if using. Serve immediately with a little salt and pepper for the egg.

Chefs tip- alternative tasty toppings for avocado toast - chopped tomato or cucumber, smoked salmon, seeds or chopped nuts, chilli flakes, crumbled feta, or just as it is!