

Mexican Egg Bread



Serves 1

Prep 10 mins

Cooking 5mins

Easy

Ingredients

½ medium ripe avocado, stoned & cut into pieces
2 medium tomatoes, deseeded & diced
1 heaped tbsp chopped parsley
½ lime, juiced
2 large eggs, lightly beaten
olive oil, for frying
2 thick slices sourdough or crusty bread
15g strong cheddar, grated

Easily doubled for 2 people

1. Gently combine the avocado, tomato, parsley and lime juice in a small bowl. Season generously and set aside.
2. Whisk the eggs together with a little seasoning. Heat the oil in a non-stick frying pan over a medium heat. Dip each slice of bread in the egg mixture, coating well, then put the slices in the pan and cook for about 2 mins on each side or until golden brown. Put the egg bread on a baking sheet, sprinkle with cheese and put under a hot grill for 1 min to melt. Top with the avocado salsa and serve.

