

Moroccan Avo Toast



Serves 2

Prep 10 mins

Cooking 10 mins

Easy

Ingredients

can of chickpeas
2 tbsp olive oil
2 tbsp natural yoghurt
2 large slices of ciabatta
1/2 tsp paprika + extra to serve
1 sliced avocado
a squeeze of lemon
2 soft-boiled eggs

1. Drain a can of chickpeas, then put in a pan with 2 tbsp olive oil, a splash of water and cook until warmed through. Season and squish to a paste - I used a stick blender-, then mix in 2 tbsp natural yogurt.
2. Take 2 slices of ciabatta and brush with vegetable oil mixed with 1/2 tsp paprika. Bake until crisp, then spoon over the chickpeas. Squeeze some lemon juice over the avocado, to stop it going brown, then top the ciabatta with the slices, add halves of small soft-boiled eggs and more paprika.