

Poached Egg, Pastrami & Avocado Bagels



Makes 2

Prep 5mins

Cook 7 mins

Easy

Ingredients

1 large avocado
1 tsp red wine vinegar or the juice of half a lemon
about 25 basil leaves, finely chopped
1 tomato, finely diced
4 large eggs, cold
2 bagels
4 slices pastrami

1. Put a large pan of water on to the boil, then halve, stone and peel the avocado. Mash the flesh with a fork in a bowl and add the vinegar or lemon juice. Stir through the basil and the tomato, then set aside.
2. Turn the water down to simmer, add the eggs and poach until the whites are cooked and the yolks are still soft, about 3 mins.
3. Toast the bagels. Spread each bagel half with the avocado mixture, top with the slices of pastrami, then the eggs.