

Squash Toast with Feta, Sumac & Poached Egg



Serves 1 Prep 10 mins

Cooking 15 mins

Easy

Ingredients

100g butternut squash, peeled and cut into 1cm cubes

a few pinches sumac

1 tsp white wine vinegar

1 tsp of pomegranate molasses or maple syrup or honey

1 egg

1 slice bloomer or rye bread, toasted

25g feta, crumbled

4 cherry tomatoes, quartered

1. Put the squash in a microwavable container with 4 tbsp water, the molasses and some seasoning. Mix well and cover tightly with cling film. Microwave on high for 5-10 minutes until tender. Remove the cling film (be careful of the steam escaping) and leave to cool for a few minutes. Drain off any water.
2. Add a pinch of sumac then mash with a fork.
3. Bring a small deep pan of water to a gentle simmer and add the vinegar. Swirl the water in a circle, then crack the egg into the middle. Poach for 2-3 minutes until the white is set but the yolk is runny. Drain the egg with a slotted spoon then dry it with kitchen paper.
4. Mash the squash onto the toast, sprinkle with feta, and add the tomatoes. Top with the egg, a pinch of sumac and season.