

Treasure Barrel

Creamy Avocado Toast With Poached Egg and Cherry Tomatoes

10 min Prep time	**8 min** Cook time	**18 min** Total time
2 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 slices artisan sourdough bread
- [ ] 1 ripe avocado
- [ ] 2 large eggs
- [ ] ½ cup cherry tomatoes, halved
- [ ] 1 tsp lemon juice
- [ ] Sea salt and cracked black pepper to taste
- [ ] 1 tsp extra-virgin olive oil

Optional Garnish

- [ ] A pinch of smoked paprika
- [ ] Fresh microgreens

Instructions

1. Toast the sourdough slices until golden and fragrant; set aside.
2. While the bread toasts, halve the cherry tomatoes and set them in a small bowl with a pinch of salt.
3. Mash the avocado with lemon juice, sea salt, and pepper until smooth but still a little chunky.
4. Fill a saucepan with water, bring to a gentle simmer, add a splash of vinegar, and swirl. Crack each egg into a small cup, then slide it into the water; poach for 3-4 minutes until whites set.
5. Spread the avocado mash generously over each toast, then top with the seasoned cherry halves.
6. Remove the poached eggs with a slotted spoon, pat dry, and place one atop each toast.
7. Finish with a drizzle of olive oil, a dash of cracked pepper, and optional paprika or microgreens.

Nutrition per serving

380 kcal	14 g	30 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the water is too vigorous, the egg whites can tear; keep the heat low.
- For a heartier meal, add a layer of smoked salmon before the avocado.
- Serve immediately to preserve the contrast between crisp toast and creamy avocado.