



## JERNEJ KITCHEN

# POACHED EGGS WITH AVOCADO AND TOMATOES

*Breakfast / brunch fit for a king! The sun-dried tomatoes, avocado and poached egg are a beautiful combination.*

SERVES 2 PEOPLE  
PREPARATION: 15 MINUTES

### SALSA WITH SUN-DRIED TOMATOES

1 handful of sun-dried tomatoes

1/4 onion, peeled and diced

2 cloves of garlic

1/2 chilli

1 tbsp olive oil

1 tsp balsamic vinegar

sea salt and freshly ground black pepper

### POACHED EGG WITH AVOCADO

1 avocado, ripe

juice of half lemon

2 fresh eggs, free range

2 tbsp greek yogurt

sea salt and freshly ground black pepper

### TOOLS AND EQUIPEMENT

small pan

toaster

saucepan

skimmer

### SALSA WITH SUN-DRIED TOMATOES

First prepare the salsa. Chop finely the sun-dried tomatoes, onion, cloves of garlic and chilli. Set a small saucepan over medium-high heat, add the olive oil and chopped vegetables. Fry on a low heat for about 5 minutes. Add the balsamic vinegar and set aside. Season with salt and pepper to taste.

### TOAST THE BREAD

Toast two slices of bread. Slice the avocado and drizzle it with freshly squeezed lemon juice to prevent oxidation.

### POACHED EGG

Pour about 7-10 cm water into a wide medium pan. Set the pan over medium heat and bring to a light simmer (the water has to be around 80 - 90 °C / 175 - 195 °F). Crack one of your eggs into a coffee cup. Stir the water with a spoon to create a whirlpool. Tip the egg into the center of the swirling water. Cook for about 3 - 4 minutes just below the simmering point. Remove the eggs with a skimmer and serve immediately. To check if the eggs are done, remove one from the water with a spoon and give it a gentle push with a finger. The egg white should be nice and firm and the yolk still soft.

### TIP

*After 2 minutes gently move the egg around the bottom of the pan to prevent the egg sticking to the pan.*

### SERVE

Spread 1 tablespoon of the greek yogurt on a slice of bread. Add sliced avocado and poached egg. Add a teaspoon of salsa with sun-dried tomatoes, season to taste and enjoy. Bon appetite.