



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.