**Poached eggs with broccoli, tomatoes & wholemeal flatbread**

**Serves 2 – 1P 1F ½ LE**

## Ingredients

* 100g thin-stemmed broccoli, trimmed and halved
* 200g cherry tomatoes on the vine
* 4 medium eggs
* 2 wholemeal flatbreads
* 2 tsp mixed seeds (such as sunflower, pumpkin, sesame and linseed)
* good pinch of chilli flakes

## Method

1. Boil the kettle. Heat oven to 120C/100C fan/gas 1/2 and put an ovenproof plate inside to warm up.
2. Fill a wide-based saucepan one-third full of water from the kettle and bring to the boil.
3. Add the broccoli and cook for 2 mins. Add the tomatoes, return to the boil and cook for 30 secs.
4. Lift out with tongs or a slotted spoon and place on the warm plate in the oven while you poach the eggs.
5. Return the water to a gentle simmer. Break the eggs into the pan, one at a time, and cook for 2 1/2 - 3 mins or until the whites are set and the yolks are runny.
6. Divide the flatbreads between the two plates and top with the broccoli and tomatoes. Use a slotted spoon to drain the eggs and then place on top.
7. Sprinkle with the seeds
8. Season with a little black pepper and the chilli flakes, and serve immediately.