**Poached Eggs with Avocado on Toast** Serves 2

1–2 very fresh eggs per person

2 slices of wholemeal seeded bread

1 avocado

1 tsp lime juice

Salt and black pepper

1. Bring a saucepan of water to the boil, and then turn the heat down slightly until the water is simmering. Break an egg into a small cup.
2. Swirl a spoon around in the water to make a whirlpool – really get the water going – then drop the egg in. Cook the egg for about 2½ minutes, until the white is set and the yolk is still runny, and then remove the egg with a slotted spoon so the water drains away from it. Repeat with as many eggs as you want to cook.
3. Meanwhile, toast the bread

Cut the avocado in half and remove the stone, then mash the flesh with the lime juice and seasoning. Spread the mashed avocado on to the toast and top with the poached eggs when they’re ready.