**Poached eggs with smashed avocado & tomatoes**

Serves 2 385kcal 20g fat (1P 1F 1HO)

* 2 tomatoes, halved
* ½ tsp rapeseed oil
* 2 eggs
* 1 small ripe avocado
* 2 slices seeded wholemeal soda bread (see goes well with)
* 2 handfuls rocket

1. Heat a non-stick frying pan, very lightly brush the cut surface of the tomatoes with a little oil, then cook them, cut-side down, in the pan until they have softened and slightly caramelised. Meanwhile, heat a pan of water, carefully break in the eggs and leave to poach for 1-2 mins until the whites are firm but the yolks are still runny.
2. Halve and stone the avocado, then scoop out the flesh and smash onto the bread. Add the eggs, grind over black pepper and add a handful of rocket to each portion. Serve the tomatoes on the side.