

Poached Eggs with Sautéed Field Mushrooms and Avocado



Preparation time: 20 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Breakfast Recipes, Vegetarian



Ingredients

- 8 poached eggs
- 1 tablespoon olive oil
- 6 field mushrooms, thinly sliced
- 3 teaspoons lemon juice
- 1 small clove garlic, crushed

salt and cracked black pepper

2 avocados, sliced

1/3 cup goat cheese

wholegrain toast, to serve

toasted pinenuts, to serve, optional

Method

- 1. Heat the oil in large non stick frying pan over medium heat. Add the mushrooms and cook for 4-5 minutes then add garlic and lemon juice. Continue cooking for another 2-3 minutes or until golden brown and tender. Remove from the heat and keep warm.
- 2. To serve, divide the mushrooms between plates with the toast and serve topped with sliced avocado and poached eggs. Scatter over some goats cheese, pinenuts (if using) and cracked black pepper.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
286g	2180kj 521kcal	26.5g	30.6g	7.6g	29.1g	2.5g	536mg	12.4g

All nutrition values are per serve.