



Poached egg and avocado toast



- *4 slices of Au Pain Doré bread of your choice*
- *4 eggs*
- *1 ripped avocado*
- *40g grated Emmental*
- *Pepper*

Preparation :

- Bring a small pot of water to a boil. Stir in a bit of vinegar and create a vortex with the boiling water. Lower the heat so the water creates a rolling boil at the bottom of the pot. When you see that rolling boil, crack one egg into a small bowl. Carefully slip the egg to the middle of the pot and cook for desired doneness. Remove the egg with a slotted spoon to leave any liquid behind.
- Cut your avocados in half, remove the pit, scoop the flesh into a bowl or onto the side of your plate, and mash it up with a fork.
- Toast the slices of bread, spread the avocado mash. Add the grated cheese and the poached eggs.
- Add pepper and serve.

And that's it, BON APPÉTIT !