

# Smashed Avocado, Tomato & Egg Bagel



Creamy smashed avocado, juicy tomato and a perfectly cooked sunny-side egg, stacked inside a toasted Natural THIIIN. Simple, fresh and satisfying, breakfast doesn't need to try harder than this.

## **Ingredients**

- 1 Ripe Avocado
- 1 Tablespoon of Fresh Lemon Juice
- ¼ Teaspoon Salt
- ¼ Teaspoon Cracked Black Pepper
- 1 Teaspoon Olive Oil or Unsalted Butter
- 1 Free-range Egg
- 1 Medium Tomato (120g), thinly sliced
- 2 ABE'S Natural THIIINS Bagels, split in half

## **Method:**

1. Scoop the avocado into a bowl. Add 1 tablespoon fresh lemon juice, ¼ teaspoon salt and ¼

teaspoon cracked black pepper, then gently mash until creamy but still slightly chunky.

2. Heat 1 teaspoon olive oil or unsalted butter in a non-stick frying pan over medium heat. Crack in the egg and cook until the whites are set and the yolk remains runny, about 3-4 minutes. Season lightly with a pinch of salt and cracked black pepper.
3. Toast the bagel halves until golden and crisp.
4. Spread the smashed avocado generously over each toasted bagel half. Layer with thick slices of tomato and top with the fried egg.
5. Finish with an extra crack of black pepper and serve immediately.