

Avocado, tomato & egg breakfast rolls



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Preparation 20 mins | Cooking 5 mins | Serves 4

Olive oil or rice bran oil cooking spray

4 free range eggs

1 medium ripe avocado

4 bread rolls, split

2 vine-ripened tomatoes, sliced

Barbecue sauce, to serve

STEP 1 Spray a large non-stick frying pan with oil. Heat over medium heat until hot. Crack eggs into pan and cook for 3-4 minutes until white is set but yolk is still soft. Turn eggs to seal yolk then drain on paper towel.

STEP 2 Meanwhile, peel, chop and roughly mash avocado. Heat or toast the bread rolls. Place roll bases onto a board. Top each with avocado, tomato and an egg. Drizzle with barbecue sauce, top with remaining rolls and serve.

Good for you... AVOCADO

The richest source of vitamin E among fruits and vegetables. Vitamin E contributes to normal growth and development in children.

