



AVOCADO, TOMATO & FETA SMASH & EGG BURGERS



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Preparation 15 mins | Cooking 35 mins | Makes 4

Quick and easy, serve these delicious burgers for breakfast, brunch or a meatless weeknight dinner.

- 1 large ripe avocado, halved and stoned
- 1 tbs lemon or lime juice
- 250g cherry tomatoes, chopped
- 50g feta, crumbled
- 4 free-range eggs
- 4 brioche burger buns, split
- 60g baby spinach leaves
- Reduced sugar & salt barbecue sauce, to serve

STEP 1 Scoop avocado flesh into a medium bowl. Add lemon or lime juice and using a fork, roughly mash. Season with salt and pepper to taste. Stir through cherry tomatoes and feta. Set aside.

STEP 2 Heat oil a large non-stick frying pan over medium heat. Crack eggs into the pan and fry for 2-3 minutes until whites are set. Turn and cook for 1 minute or until yolk is sealed (or cook to your liking).

STEP 3 Meanwhile, toast burger buns. Spread the cut-side of the bun bases and tops with avocado mixture. Top each with spinach and a fried egg. Drizzle with barbecue sauce, cover with bun tops and serve.

Good for you... **AVOCADOS**

Avocados are one of the few fruits that contain some fat, but it's 'good' fat that is essential for health. Top of the fruit and vegetable class for vitamin E, a vitamin needed for healthy red blood cells. A good source of vitamin C, that helps keep gums and teeth healthy.



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