



WHITE MISO AVOCADO SMASH WITH EGGS

SF VEG

SERVES 1

½ ripe avocado

½-1 tbsp white miso paste
(see Glossary pg. 50)

pink salt and black pepper

2-3 handfuls baby spinach

good squeeze of lemon

1-2 pieces bread of choice (e.g.
Sourdough, wholegrain, grain-free)

small knob of butter

2 eggs

dulse flakes, to sprinkle
(see Glossary pg. 50)

This combination of white miso (see Glossary pg. 50) and avocado with scrambled eggs is just one example of how simple and delicious eggs can be. Get creative and have eggs with all different combinations of veg for quick, easy and totally nutritious meals at any time of day.

First up, mash your avocado with a fork then mix in white miso paste to taste. Give a good crack of black pepper, taste for seasoning and set aside.

Put a medium-sized frying pan over medium heat. Once hot, add in your spinach and lightly wilt. Once wilted, place in a sieve to dry out a bit, then add a good squeeze of lemon and toss through.

Put your bread onto toast. Then, carefully wipe your pan clean and place back over medium heat.

Whisk your eggs with a little salt and pepper in a small bowl. Once the pan is hot, add in your butter and your whisked eggs. Gently scramble to taste (see Tips).

Layer up with toast on the bottom, topped with avocado-miso smash, spinach, eggs and a good sprinkle of dulse flakes.

If using the Chocco-avocado topping, simply mix all ingredients together in a food processor then spread over brownies once cool.

STARVING?

- Add some grilled bacon or a grilled salmon fillet