

## Egg, Avocado and Tomato Bagels

1. Cook your eggs. See below for different ways to try your eggs!
2. Slice the bagels and pop them in the toaster
3. Halve or quarter the cherry tomatoes
4. Cut the avocado - see below for tips. If the avocado is really ripe, you can mash it up and use instead of butter.
5. Place the avocado on your bagel, and top with your fried, poached or scrambled egg. Enjoy!



## Scrambled Eggs

1. Whisk 2 eggs in a bowl with a fork.
2. Melt a little bit of butter in a non-stick pan.
3. Add the egg mixture and leave for 20 seconds until starts to set.
4. Use a wooden spoon to push the edges of the egg into the middle.
5. Cook for another 20 seconds and repeat the 'pushing'
6. Remove from the heat – the eggs will continue to cook as you butter the bread.

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## Poached Eggs

1. Break egg into a small bowl.
2. Bring water to the boil in a medium saucepan.
3. Add a few dashes of vinegar, if you have it.
4. Reduce the heat so the water just comes off the boil.
5. Use a slotted spoon, swirl the water in a circle in the saucepan to make a whirlpool.
6. Slide the egg into the centre of the whirlpool.
7. Leave it to cook for 90 seconds.
8. Lift out gently with a slotted spoon.

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## How To Cut an Avocado

1. Use a knife to carefully cut into the avocado, until the knife hits the stone in the middle.



2. Twist the knife around the avocado stone and twist to separate the halves



3. Use a teaspoon to dig out the stone

4. Use the spoon to scoop out the flesh

5. Slice the avocado and enjoy!



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