

Eggs on toast

Ingredients

- 1 medium tomato
- 2 eggs
- Dash of vinegar (optional)
- 2 slices wholemeal bread
- Reduced fat spread
- No added salt or sugar tomato sauce (optional)
- Ground pepper

Equipment

- Vegetable knife, chopping board, grill tray, small bowl or saucer, small saucepan, slotted spoon, small bowl, toaster, table knife.

Method

1. Cut the tomato in half and cook under the grill.
2. Crack one of the eggs into a small bowl or saucer.
3. Fill the saucepan with water, at least 5cm deep. Bring to a simmer.
4. Add a dash of vinegar (optional).
5. Stir the water to create a gentle whirlpool.
6. Slowly tip the egg into the centre of the pan. Make sure the heat is low, there should only be small bubbles.
7. Cook for 3-4 minutes or until the white is set.
8. Carefully remove from the pan with the slotted spoon.
9. Keep the egg warm in a bowl of warm, but not hot, water.
10. Repeat with the second egg.
11. Toast the bread.
12. Spread the reduced fat spread on the toast.
13. Serve the poached eggs, toast, and grilled tomatoes with the tomato sauce (optional).
14. Season with freshly ground pepper.

Cooking healthier

We've swapped butter for reduced fat spread, regular ketchup for reduced sugar and salt ketchup, and white bread for wholemeal bread. We've added a grilled tomato and changed the cooking method of the eggs from fried to poached. By doing this it's saved 89 calories, 1.5g salt, 11.6g fat and 6.8g saturated fat, plus added 3.4g fibre per portion.