

Less than 30 minutes

Serves 2

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Ingredients:

- 2 Tbsp (30ml) olive oil
- 1 small onion, chopped
- 2 cloves garlic, chopped
- 1 packet (100g) English spinach
- Salt and milled pepper
- 1 punnet (200g) shelled garden peas (blanched frozen peas work well too)
- 2 avocados, peeled and sliced
- 4 slices wholewheat or sourdough bread, toasted
- 2 eggs
- 2 slices gypsy ham
- Pea shoots, for serving

Method

1. Heat oil in a pan and sauté onion until translucent.
2. Add garlic and fry for another minute.
3. Stir in spinach to wilt. Season and set aside.
4. Fry peas for 2-3 minutes until softened.
5. Lightly mash peas and avo together.
6. Poach or fry eggs to your liking.
7. Spoon spinach and avo and pea mixture on top.
8. Top with eggs, ham and pea shoots, and serve immediately.