

sprout

Poached eggs with avocado, almond dukkah & homemade flatbread

Ingredients: (Serves 4)

¼ Cup roasted almonds, roughly chopped
1 Tablespoon coriander seeds
1 Tablespoon cumin seeds
2 Teaspoons fennel seeds
1 Tablespoon sesame seeds
Pinch of salt
1 Avocado, diced
Juice of 1 lemon
2 Spring onions, thinly sliced
¼ Bunch of mint, leaves picked
1 Tablespoon olive oil, plus 1 tablespoon extra
1 Cup self-raising flour, plus extra for dusting
½ Cup Greek yoghurt
4 Eggs
80g Feta, crumbled

Equipment:

Non-slip mat
Chopping board
Knife
Large frying pan
Medium saucepan
Mixing bowls
Mortar and pestle
Egg flip
Slotted spoon
Wooden spoon

Method:

1. To make the almond dukkah, break up almonds in a mortar and pestle. Add coriander, cumin and fennel seeds and continue to grind until a coarse mixture forms. Stir through sesame seeds and a pinch of salt. Toast dukkah in a large, dry frying pan over high heat for 5 minutes or until fragrant.
2. Toss avocado, lemon juice and a pinch of salt in a small bowl. In a separate bowl, combine spring onion, mint and one tablespoon oil.
3. Mix flour, yoghurt and a pinch of salt in a large bowl. Use a wooden spoon, then your hands, to make a smooth dough. Divide mixture into four rounds, dusting with extra flour if needed. Heat remaining one tablespoon oil in a large frying pan over medium-high heat. Cook flatbreads for 1-2 minutes each side or until golden brown.
4. Bring a medium saucepan of water to the boil, then reduce heat to a gentle simmer. Crack an egg into a shallow bowl and lower into water. Cook for 2 to 3 minutes for a soft yolk, or 3 to 4 minutes for firm. Use a slotted spoon to remove egg from water and repeat with remaining eggs.
5. Divide flatbread between serving plates. Top with avocado, spring onion mixture and half the dukkah. Place poached eggs on top, and finish with remaining dukkah and feta.

Nutrition Information (per serve):

Energy:	1890kJ (451cal)	Sodium:	476mg		
Protein:	36.2g	Sat Fat:	4.6g		
Fat:	17.8g	Sugars:	9.6g	Fibre:	7.1g
Carbohydrate:	32.1g				