



SERVES: 4

SPAR 

BETTER CHOICES

Eat well, Live better

PREPARATION TIME: 5 minutes

COOKING TIME: 30 minutes

INGREDIENTS:

450g cherry tomatoes, halved

1 tablespoon olive oil

4 slices wholegrain or rye bread, toasted

4 eggs

A handful of wild rocket leaves

Freshly ground black pepper and dried mixed herbs

METHOD:

1. Preheat the oven to 150C/Fan 130C/Gas Mark 2.

2. Toss the tomatoes in the olive oil and place on a baking tray. Season with pepper and dried mixed herbs. Roast in the oven for 30 mins.

3. Ten minutes before tomatoes are done, poach the eggs in a poaching pan until white is cooked through and the yolk is done to preference.

4. Toast bread and serve the egg on the toast with tomatoes and rocket leaves to the side.

ENJOY!