



Avocado & Chickpea Smash with Poached Egg

Serves 1

Ingredients

1 large egg
¼ flesh from 1 large ripe avocado or from half a small avocado
30g/1 heaped tablespoon cooked chickpeas or if you can't tolerate then try canned lentils
1 large handful chopped kale or chard or silverbeet
1 tablespoon pumpkin seeds
Optional - chopped fresh chilli or a pinch cayenne pepper
Salt and pepper

Method

Pop a pot of water on to boil for poaching the egg/s.
Once it has come to the boil, drop in the green leaves to wilt for a couple of seconds, then pull them out into a strainer to drain.
Add the egg into the water to gently poach for about 3 - 4 minutes, or until the white has firmed.
Smash the avocado with the chickpeas, season with salt and pepper, perhaps some chilli, then stack onto a serving plate.
Add the drained, wilted greens and scatter over the pumpkin seeds.
Top with the cooked egg and season with salt and pepper.

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