

Boiled Egg & Breadsticks



Ingredients (makes 1 portion): 1 Egg*, 1 slice of wholegrain bread, butter (to spread), salt & pepper to season

Additional Toppings: N/A

Preparation: <3 minutes

1. Add egg to pan of boiling water and cook for <3 minutes
2. Toast bread and spread with butter. Cut into thin strips for dunking.
3. Season with salt & pepper

*Alternatively hard-boil an egg for <10 minutes and leave to cool. Ideal as a mid-morning or afternoon snack.