

# *The Flay-Adams*

## Avocado Tartine with Poached Egg

### Ingredients

1 Roma Tomato, diced  
¼ cup Red Onion, diced  
3 tablespoons Cilantro, chopped  
1 teaspoon Minced Garlic  
3 Avocados, peeled and diced  
Juice of ½ Lemon  
Juice of 1 Lime  
3 tablespoons Olive Oil  
3 tablespoons Cilantro, chopped  
Salt & Pepper to taste  
½ teaspoon Cayenne Pepper  
1 slice of bread  
1 tablespoon of white wine vinegar  
1 Egg

### Directions

Dice tomato and red onion and place in a medium size bowl. Add chopped cilantro and minced garlic. Peel and mash the avocados with a fork, and add to the bowl along with the lemon and lime juice. Mix ingredients thoroughly. Add olive oil and seasoning to taste.

Toast a slice of bread of your choice and top with the guacamole.

Bring 4 cups of water to a boil in a medium pan. Add the vinegar and slowly add the egg, reduce the heat to a simmer, and cook for 3-4 minutes.

Top the guacamole with the poached egg, season to taste, and serve with a salad or grilled vegetables.