

# Bruschetta with egg

Total: 5 min · Prep: 5 min · 1 servings · Easy · Breakfast



## INGREDIENTS

40 g Whole grain bread

1 pc Boiled egg

0.25 pc Avocado

30 g Lightly salted salmon

50 g Boiled broccoli

10 g Feta (or cream cheese)

## INSTRUCTIONS

- 1 Toast bread pieces in a toaster or on a skillet to desired crispness.
- 2 Spread feta on the toasted bread.
- 3 Add thinly sliced salmon.
- 4 Place avocado slices.
- 5 Add boiled egg, cut into rings or slices. You can also leave the egg whole if you prepared it poached-style so the yolk runs.
- 6 Finish the dish with pieces of boiled or steamed broccoli.

**Nutrition per serving:** 320 kcal · Protein **19.0 g** · Fat **16.0 g** · Carbs **24.0 g** · Fiber **6.7 g**