



BAGELS WITH RED SALMON, AVOCADO & POACHED EGGS



Ingredients

- 1 x 213g can Princes Red Salmon, drained
- 4 eggs
- 2 bagels or English muffins, halved
- 4 tbsp ready-made guacamole
- Micro herbs or cress to garnish



Method

1. Using a fork, flake the salmon into chunks.
2. Poach the eggs and drain on absorbent kitchen paper
3. Light toast the cut side of the bagel
4. Spread the guacamole over the toasted side of the bagel
5. Add the flaked salmon and top with the poached egg, then garnish with the micro-herbs

