Garlic Mushrooms on Toast with Poached Egg

Earthy thyme mushrooms piled on toast with a soft egg breaking over the top.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**10 min**	**15 min**	**2**	**EASY**

Ingredients

- 250 g chestnut mushrooms (sliced)
- 2 cloves garlic (finely sliced)
- 2 tsp fresh thyme leaves
- 2 thick slices sourdough
- 2 eggs
- 2 tbsp olive oil
- 1 tbsp white wine vinegar

Method

1. Bring a wide pan of water to a bare simmer and add the vinegar.
2. Heat the oil in a frying pan over a high heat. Add the mushrooms in a single layer and leave them undisturbed for 3 minutes so they colour.
3. Stir, add the garlic and thyme, and cook for 3 minutes more until golden and glossy. Season.
4. Meanwhile, crack the eggs into the simmering water and poach for 3 minutes.
5. Toast the sourdough, pile on the mushrooms and top each with a drained poached egg.

Tips & swaps

- Give the mushrooms a hot pan and plenty of room. Crowded, cool mushrooms release their water and stew instead of browning.

Storage & reheating

Best eaten immediately.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
300	**14g**	**28g**	**16g**	**4g**

Estimated values, for guidance only. Contains: Egg, Gluten.