



ORGANIC KITCHEN

Poached Egg Melt

Total Time: 15 min

INGREDIENTS:

- Pumpernickel Bread
- Onion
- Avocado
- Eggs
- Blue Cheese or Sharp Cheddar
- Your Favourite Barbeque Sauce
- Basil Leaves (when available)

DIRECTIONS:

Wash and prepare veggies, slicing thickly and evenly. Lightly toast the bread. Place on a baking sheet and drizzle with barbeque sauce. Stack sliced tomato, basil, onion and avocado. Soft poach the eggs. Remove from heat and carefully remove from water using a slotted spoon. Place on the sandwich. Slice blue cheese and place on top. Pop in the oven and broil until cheese is melted. Serve!!

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