



## Crushed Avocado & Slow Poached Egg on a Bagel

Best Western Plus Banbury  
Wroxton House Hotel, Banbury

### Ingredients:

½ an Avocado  
1 medium hen's egg  
½ a toasted bagel  
Coriander  
Paprika

### Method:

1. Simmer water with dash of white wine vinegar and poach a medium hen's egg for 4-6 minutes (according to your preference).
2. Toast half a bagel
3. Halve an avocado and scoop and mash the flesh with a little pepper for seasoning
4. Place the avocado on the lightly toasted bagel and top with the egg
5. Sprinkle with paprika and garnish with coriander
6. Enjoy!



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