



## Poached eggs with roasted tomatoes on wholemeal toast

Serves:



**Preparation:** 5 minutes

**Cooking:** 20 minutes

### Ingredients

- 6 plum tomatoes
- 2 tbsp olive oil
- 1/2 (half) tsp sea salt
- 1/2 (half) tsp freshly ground black pepper
- 2 tbsp white wine vinegar
- 2- 4 large eggs
- 4 thick slices buttered wholemeal toast, to serve

### Method

1. Preheat the oven to 170C (gas mark 3). Cut the tomatoes in half lengthways. Place them in a medium bowl with the olive oil, salt and pepper, and toss to coat.
2. Spread the tomatoes out on a baking sheet and roast in the oven for 20 minutes, or until soft and slightly browned. Remove from oven and leave to cool slightly.
3. Meanwhile cook the eggs. Bring 500ml of cold water to the boil in a large saucepan over a high heat. Reduce the heat until just simmering. Add the vinegar. One by one break an egg into a small bowl and slide gently into the barely simmering water. Cook for about 4 minutes, or until the whites are just set and the yolks soft. Remove with a slotted spoon and place on a paper towel-lined plate.
4. To serve, top each portion of hot buttered toast with 3 roasted tomatoes and the poached eggs. Sprinkle with salt and freshly ground pepper if desired.

### Fuel learning

- Eggs are a quick and simple way of boosting your Omega 3 intake which is essential to get your brain functioning. They are also rich in protein which will help to keep your mind alert throughout the morning.
- Tomatoes are an excellent source of vitamin C and powerful antioxidants which are crucial for mental functioning and brain performance. They also contain B vitamins which play a vital role in producing energy for learning.

### Tips

- Always keep eggs in your fridge as they make a healthy fast food at any time of the day.
- As an alternative to fresh tomatoes, try using canned tomatoes - they do the same job and you can stack them up in your cupboard.