



## SMOKED SALMON, AVOCADO & EGG BAGEL (SERVES 2)

### INGREDIENTS:

- 2 high protein bagel (I used M&S ones)
- 1 avocado
- 2 eggs
- 100g hot smoked salmon
- 2 handfuls of rocket
- hot sauce (optional)

### INSTRUCTIONS:

- split the bagels in half and place the 2 top pieces cut side down in the bottom of your airfryer(not on a crisper plate)
- crack an egg into the hole of each bagel and set you airfryer to 200c for 7 minutes.
- in the meantime, lightly toast the other halves of the bagel
- smash up the avocado to make a puree and spread over the 2 halves.
- top with the smoked salmon, rocket and hot sauce.
- Once the airfryer has finished, carefully remove the top halves of the bagel and place on top of the rest.

530 calS 34g P 43g C 24g F