

# Breakfast-in-Bed Egg Toast

Cooking Time 6 minutes (preparation time 2 minutes) Serves 1

## Ingredients

- 1 slice thick wholemeal bread
- 2 teaspoons soft butter
- 1 egg



## Method

1. Use a 9cm heart shaped or star shaped cutter to cut a shape out the centre of the bread.
2. Spread slice of bread lightly on both sides with butter. Heat the frying pan over medium low heat and add the bread. Cook for 2–3 minutes, until golden brown.
3. Turn over, and carefully crack an egg into the centre. Cover the pan with a lid or baking tray, and cook for 3 minutes, until the egg white has set.