# Breakfast Sandwich

Serves 1

## Ingredients

1 English muffin, sliced in half

1 egg

3 slices Black Forest ham, sliced chiffonade style

Handful of arugula or lettuce of your choice

1 slice Swiss cheese

½ avocado, thinly sliced

## Preparation

1. Butter a ramekin, and break an egg into it. Microwave for 30 seconds or until the egg is cooked.
2. Slice the ingredients as indicated above.
3. Arrange all of the ingredients on the sandwich, starting with the arugula, then the ham, egg, cheese and avocado.

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4. Season to taste with salt and freshly ground black pepper, and enjoy!