Goat cheese toast with avocados, kale and soft-boiled eggs

Serves 4

Ingredients

Avocado and kale salad

1 lb (450 g) kale, chopped
2 avocados, peeled, pitted and cubed
45 ml (3 tablespoons) olive oil
45 ml (3 tablespoons) chive, minced
45 ml (3 tablespoons) dill, minced
Zest and juice of 1 lemon
Salt and pepper

Garnish

4 thick slices of country bread, toasted
250 ml (1 cup) soft goat cheese
4 eggs
Salt and pepper

Preparation

1. For the avocado and kale salad, mix all the ingredients and season with salt and pepper.
2. Cook the eggs for 6-7 minutes in simmering water for soft-boiled eggs. Remove the eggs and allow to cool under cold water to stop them from cooking. Peel and set aside.
3. Spread goat cheese on the toasted bread slices, garnish

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with the avocado and kale salad and a soft-boiled egg halved. Season with salt and pepper.