

Sally O'Neil's Eggs Benedict

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The perfect brekkie in bed for dad on Father's Day, this healthy take on the classic benny won't leave him feeling bloated and stodgy. Healthy, nourishing fats from the egg and avocado will keep him full for hours. Skip the café, and make this at home with a side of love!

Ingredients (serves 1)

- 2 organic free-range eggs
- 120 g poached turkey breast, sliced
- ¼ avocado
- 2 tbsp hazelnuts, roughly chopped
- 2 spring onions, sliced
- Few sprigs of fresh dill, to serve
- Chilli flakes and sea salt, to season
-

Method

Poach your eggs (using your favourite method). I cook mine over a medium heat in hot water with a splash of vinegar for 5 to 8 minutes until the white is set but the yolk is runny.

Remove the eggs from the water and drain on kitchen roll.

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Meanwhile, lay the turkey on the plate, add the avocado, and sprinkle on the hazelnuts.

Top with the eggs, sliced spring onion, season to taste and then drizzle with olive or hazelnut oil (optional).

Grab the September 2017 issue of *nourish* for more clean eating recipes.

NEXT: Try this [low carb breakfast hash](#) for another delicious brekkie alternative.

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