

**BLENDERS**

# POACHED EGG TOSTADA WITH TOMATO RELISH

Crisp tostadas layered with refried beans, poached eggs, melted cheese and a spiced Blenders Sweet Tomato Relish. Finished with sour cream, avocado and fresh coriander, this dish is bold, colourful and perfect for brunch, light lunches or sharing menus.

**PREP TIME**  
10 MIN**COOK TIME**  
10 MIN**SERVINGS**  
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## Ingredients

- 2 small corn tortillas (or store-bought tostada shells)
- 2 large eggs
- 1 tbsp olive oil or butter
- 50g refried beans (optional, but adds great flavour)
- 30g sour cream
- 50g shredded cheese (feta, cheddar, Mexican blend or queso fresco)
- 100g Blenders Sweet Tomato Relish
- 5g smoked paprika
- 5g cayenne pepper
- ¼ avocado, sliced
- Fresh coriander, chopped
- Salt & pepper, to taste
- Lime wedges, to serve

## Allergens

- Contains Barley - Malt Vinegar (Gluten Free), Eggs, Milk, Celery, Mustard

## Method

### Step 1:

Fry the tostadas. Deep fry the tortillas in oil until puffed and crispy, or use pre-made tostada shells.

### Step 2:

Cook the eggs. Heat olive oil or butter in a pan over medium heat. Fry the eggs to your preference or poach them in simmering water.

### Step 3:

Prepare the base. Warm the refried beans and spread a thin layer on each tostada shell.

### Step 4:

Build the tostadas. Place the egg on top of the beans. Sprinkle with shredded cheese so it melts slightly, then add a spoon of sour cream.

### Step 5:

Spice the relish. Mix Blenders Sweet Tomato Relish with smoked paprika and cayenne pepper. Drizzle generously over the tostadas.

### Step 6:

Finish and serve. Top with avocado slices, garnish with fresh coriander and serve with lime wedges.