

Poached Egg and Fruit Salad

Calories: 62 kcal

Servings: 1

Time: 10 Mins

Ingredients

- 1.00 whole Eggs
- 50.00 g Rockmelon
- 2.00 g Salt and Pepper (to season)
- 50.00 g Strawberries
- 25.00 g Watermelon

Instructions

1. Cook the egg in preferred way; poached, or scrambled with butter. Season egg with salt and pepper.
2. Cut rockmelon, strawberries and watermelon into pieces to make a fruit salad.
3. Enjoy egg while hot, then follow up with a side of fruit salad.