

Fried Egg Breakfast Sandwich

7 ingredients · 5 minutes · 1 serving



Directions

1. Heat a small pan over medium heat. Warm the olive oil and crack the egg in the pan. Season with salt and pepper. Cook until the whites are set and the yolk is cooked to your liking.
2. To assemble the sandwich, layer the romaine leaves, tomato and avocado slices on one piece of toast. Add the egg and the remaining piece of toast on top to complete the sandwich. Serve immediately and enjoy.

Notes

Gluten-Free

Use gluten-free bread instead of whole wheat bread.

More Flavor

Butter the toast before assembling the sandwich.

Additional Toppings

Add mayo, mustard, hot sauce or cheese to the sandwich.

Ingredients

1/2 tsp Extra Virgin Olive Oil

1 Egg

Sea Salt & Black Pepper

2 leaves Romaine

1/4 Tomato (sliced)

1/4 Avocado (sliced)

2 slices Whole Grain Bread (toasted)