

# How to Make a Perfect Breakfast with a Fried Egg and Toast

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The first step in making a perfect breakfast is to choose the right ingredients. For this recipe, you will need a fresh egg, a slice of whole-grain toast, and a variety of fresh vegetables. The egg should be cracked into a bowl and whisked with a pinch of salt and pepper. The toast should be toasted to a golden-brown color. The vegetables should be washed and sliced into small pieces.

## Ingredients and Preparation:

Ingredients: 1 egg, 1 slice of whole-grain toast, 2 cherry tomatoes, 1 slice of avocado, 1 slice of cheese, salt, pepper, olive oil.

Preparation: Crack the egg into a bowl and whisk with salt and pepper. Heat a pan with olive oil and cook the egg sunny-side up. Toast the bread to a golden-brown color. Slice the tomatoes, avocado, and cheese. Assemble the breakfast on the toast.

Conclusion: This simple breakfast recipe is perfect for a quick and healthy start to your day. It is easy to make and can be customized to your taste. Enjoy your meal!

