



COLOURED TOAST WITH HUMMUS

INGREDIENTS:

8 slices multigrain bread
 olive oil
 1 packaging "Z Gruntu Dobre" premium hummus
 1/4 pear
 juice from 1 lemon
 1 tablespoon almond flakes
 1/4 peach
 1 sprig red currant
 2 quail eggs
 salt, freshly ground pepper
 1/4 avocado
 1/8 green pepper
 1/8 red pepper
 1 teaspoon nigella
 rosemary, oregano, thyme and parsley for decoration

PREPARATION:

1. Heat oil in the frying pan. Lay out the bread slices and fry them for 1-2 minutes on each side (until the bread is golden and crispy).
2. Fry almond flakes on a dry pan. Cut the pear, peach and avocado into slices or half-moons, then drizzle with lemon juice.
3. Heat the oil in a frying pan and fry the eggs. Cut both peppers into strips.
4. Spread hummus on the toast. Top each slice with your favourite toppings:
 - pears, almond flakes, thyme;
 - peach, blackcurrant, rosemary;
 - Fried egg, avocado, oregano, salt, freshly ground pepper;
 - red and green pepper, nigella, parsley leaves.