

Posted on 5 March 2015

by Liz Robb

Eggy Bread Hearts with Grilled Tomatoes



Ingredients

(Makes 1 portion)
You will need:

2 small slices of bread
2 eggs
A splash of milk
Salt and pepper
1 tablespoon of oil
2 tomatoes

Preparation

1. 1. Slice the tomatoes in half and cook them under the grill for about 10 minutes.
2. 2. Whisk the eggs and milk together in a shallow bowl and season. Heat the oil in a frying pan, place a slice of bread in the egg mixture, turning to make sure that it is completely coated, then quickly lift it into the hot pan. Cook for just a minute or two, until it is golden brown, then turn and cook the other side. Repeat with the second slice.
3. 3. Cut the eggy bread into hearts with a cutter, or any other shape you like, and serve straight away accompanied by the grilled tomatoes.

Cooks Note