JANE SMITH LIFESTYLE

Egg & Smoked Salmon Rye Toast

Prep: 5 min | Cook: 6 min | Serves: 2



When a snack needs to carry me until the next meal, I make this. The egg, smoked salmon and a thin swipe of cream cheese sit on crunchy rye with cucumber and dill.

Ingredients

- 2 slices seeded rye bread
- 2 large eggs
- 2 Tbsp cream cheese
- 4 oz smoked salmon
- 1/3 cucumber, thinly sliced
- 1 Tbsp chopped fresh dill
- 1 tsp lemon juice
- Freshly ground black pepper

Directions

1. Toast the rye bread. Bring a small pan of water to a gentle simmer; lower in the eggs and cook 6-7 minutes for jammy centers, or longer to your preferred firmness. Transfer to cold water and peel.
2. Spread each toast with 1 Tbsp cream cheese. Add cucumber and divide the smoked salmon between them.
3. Halve an egg over each toast. Sprinkle with dill, lemon juice and black pepper. Serve immediately.

Jane's Note

This is lovely as a late breakfast or a bigger afternoon snack. Use fully cooked eggs if that is your preference.

Storage: Keep components refrigerated separately and assemble just before eating. Refrigerate smoked salmon according to its package directions.

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