**Poached Eggs with Salmon**

Fresh salmon patties provide the base to this delicious and light lunch recipe. Poaching the eggs provides just the right texture. The runny egg yolk coats the plate and brings the entire dish together.

**ingredients**

10 oz. salmon fillets, skin removed

1 egg, beaten

1/4 cup almond flour

2 green onions, chopped

2 tsp lemon juice

1 tsp cumin

1/2 tsp salt

1/8 tsp freshly ground pepper

1 tbsp coconut oil

4 eggs

1 tbsp apple cider vinegar, for poaching

1 avocado, pitted and mashed

1 large tomato, thinly sliced

**directions**

1. Finely chop the fresh salmon and place into a bowl. Add the egg, almond flour, green onions, lemon juice, cumin, salt, and pepper. Stir well to combine.

2. Melt the coconut oil in a large skillet over medium heat. Use your hands to form the salmon into four small patties and place into the pan. Cook for 2-3 minutes per side or until cooked through. Remove from the skillet to a plate and set aside.

3. To poach the eggs, fill a large skillet with water and add apple cider vinegar. Heat to barely a simmer. Crack one egg into a small bowl and use the bowl to slowly slide the egg into the water. Cook for 4 minutes or until the whites are set and eggs reach preferred level of doneness. Use a slotted spoon to transfer the eggs to paper towel-lined plate. Repeat with remaining eggs.

4. To assemble, top each salmon patty with a tomato slice, smashed avocado, and a poached egg. Sprinkle with salt and pepper and serve immediately.