



Avocado Toast with Egg

Jacob · 28/09/2024



Prep Time

10 mins

Difficult

Medium

Servings

2

Description

I love avocado toast and if you add an egg to it you have a full meal Sometimes I use balsamic vinegar to flavor the avocado instead of the lemon juice You can make the egg any way you like but I like it best fried or poached

Ingredients

- - 1 teaspoon butter - 2 eggs - 2 slices multigrain bread - 1 ripe avocado
- pitted
- peeled - 1 teaspoon lemon juice
- or to taste - 1 pinch cayenne pepper - sea salt to taste - ground black pepper to taste

Instructions

1. Melt butter in a skillet over medium-low heat. Crack eggs into the skillet side by side and cook until eggs are white on the bottom layer and firm enough to flip
2. 2 to 3 minutes. Flip eggs
3. trying not to crack the yolk
4. and cook until egg reaches desired doneness
5. 2 to 5 minutes more. Meanwhile
6. toast bread slices to desired doneness
7. 3 to 5 minutes. Mash avocado in a bowl; stir in lemon juice
8. cayenne pepper
9. and sea salt. Spread avocado mixture onto toast. Top with fried egg and season with sea salt and pepper.