

Avocado Toast with Egg

Toast avocat et œuf

10 min

Easy

380 kcal per serving

Breakfast

Lunch

Vegetarian

Quick



Ingredients

FOR ONE SERVING

Sourdough bread (<i>Pain au levain</i>)	2 slices
Avocado (<i>Avocat</i>)	1
Egg (<i>Œuf</i>)	1
Lemon juice (<i>Jus de citron</i>)	1 tsp
Chili flakes (<i>Piment en flocons</i>)	1 pinch

Nutrition facts

PER SERVING

Calories	380
Protein	14 g
Carbohydrates	32 g
Fat	22 g
Fiber	8 g

Preparation

- 1 Toast the sourdough bread until golden and crisp.
- 2 Cut the avocado in half, remove the pit, and scoop the flesh into a small bowl.
- 3 Mash the avocado with lemon juice and a pinch of salt and pepper if you like.
- 4 Spread the avocado mixture evenly over the toasted bread.
- 5 Cook the egg in a pan to your liking, such as fried or soft scrambled.
- 6 Place the egg on top of the avocado toast and finish with chili flakes.
- 7 Serve right away while the toast is still crisp.

GOOD TO KNOW

Use a ripe avocado so it mashes smoothly and spreads easily.