



Baked Eggs in Avocado.

Total time saving with varioSpeed:
14 or 15* Minutes.

Category of dish
Breakfast –
High Calorie

Cooking accessories
Ovenproof dish,
Wire rack

Nutrition facts
Energy (Kcal): 370
Protein (g): 30.2
Carbohydrate (g): 10.6
Total fat (g): 10.1

Tips

For a weekend or cheat-day version you can top the avocados with a creamy hollandaise sauce to make a twist on eggs benedict.

For a quicker version, you can also top your baked eggs with chopped chives and olive oil.

For 4 servings

INGREDIENTS

For the baked egg:

- 2 ripe avocados
- 4 eggs
- 2 pinches of salt per avocado, divided in 2
- 2 pinches of pepper per avocado, divided in 2

For the salsa:

- 200 g tomatoes
- ¼ bunch fresh coriander, 6 g
- ½ garlic clove, around 3 g
- 25 g red onions
- 10 ml olive oil
- 1 tsp ml lemon juice, 7 ml
- 1 tsp salt, 5 g
- 1 pinch black pepper, ground

For toasts:

- 4 slices of whole wheat flour bread

In addition:

- 1 pinch of salt per avocado
- 1 pinch of pepper per avocado

PREPARATION

1. Rinse and rub the avocados under cold water and pat dry.
2. On a cutting board, cut the avocados in half lengthwise and twist the two halves apart. To take out the pit aim your knife at the pit and whack gently into it, using enough force that the knife won't slip but cut slightly into the pit. Twist the knife to pull out the pit.
3. With the help of a spoon, make the indent left by the pit larger and deeper, of about 10 cm long x 7 cm wide x 5 cm deep.
4. Place the halves in an ovenproof dish and season with salt and pepper. Crack an egg inside each avocado half and season with salt and pepper.
5. Place the ovenproof dish with avocados on wire rack and bake as indicated.
6. Prepare the salsa, rinse tomatoes and coriander under cold water and pat / shake dry. Cut the tomatoes into 0.5 cm cubes and chop the coriander finely, together with the stems.
7. Peel onions and garlic. Chop onions into 0.2 cm cubes and chop the garlic very finely into a paste.
8. Mix all ingredients for salsa together in a bowl and set aside.
9. Place bread slices on the wire rack beside the dish and bake as indicated.
10. Season the baked eggs with salt and pepper. Top with salsa and enjoy with toasts.

Setting procedure with your varioSpeed Oven.

60 cm Oven:

Toasts & Avocado: Ovenproof dish and bread slices on wire rack – level 2; Microwave combination: 4D Hot Air/230 °C/180 W; Baking time for eggs alone: 12 minutes, Baking time for eggs and toasts: 4 minutes

45 cm Oven:

Toasts & Avocado: as 60 cm oven, except ovenproof dish and bread slices on wire rack – level 1 and Baking time for eggs and toasts: 3 minutes

Alternative settings (conventional heating function)

60 cm Oven:

Toasts & Avocado: Ovenproof dish and bread slices on wire rack – level 2; 4D Hot Air 230 °C; Baking time for eggs alone: 25 minutes, Baking time for eggs and toasts: 5 minutes

45 cm Oven:

Toasts & Avocado: as 60 cm oven

Total time saving with varioSpeed: 14 or 15* min.

* with the 45 cm Oven