

# Air Fryer Hash Brown Toast



Preparation time: 20 mins

Serves: 2 people

User Rating: ★★☆☆☆

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Categories: Quick & Easy, Breakfast Recipes, Vegetarian, Kid Friendly

Short on time and possibly out of bread? This dish is a crispy and comforting twist on the classic eggs on toast. The hash brown crunch is simply divine. See all the easy steps below.



## Ingredients

- Cooking oil spray
- 4 frozen store-bought hash browns
- 1 Tbsp olive oil
- 2 eggs
- ½ large avocado, peeled and sliced
- Chilli flakes (optional)

## Method

1. Spray the basket of an air fryer with cooking oil spray. Place hash browns in the basket and spray with oil.
2. Cook on 200°C for 8 minutes, turn over, spray with oil and cook for a further 6-8 minutes or until crisp and golden.
3. While the hash browns are cooking, heat oil in a non-stick frying pan over medium-high heat and fry eggs for 3 minutes or until edges are crispy and the yolk is still runny.
4. Place one hash brown onto a serving plate and top with slices of avocado and fried egg. Sandwich with another hash brown.
5. If using chilli flakes sprinkle over the hot egg. Serve immediately.

## Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
247g	2320kj 554kcal	12.3g	42.7g	6.8g	28.8g	3g	482mg	3.6g
Vitamin D								
4.1µg								

All nutrition values are per serve.