

# Curried Egg and Avocado Open Toasty



Preparation time: 10 mins  
Serves: 4 people  
User Rating: ★★★★★

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Categories: Vegetarian



## Ingredients

- 4 eggs
- 1/3 cup low fat mayonnaise
- 1 teaspoon curry powder
- 1/2 avocado
- 4 slices sourdough bread
- Pepper to taste

## Method

1. Place the eggs in a saucepan of boiling water and cook for 8 minutes.
2. Rinse the eggs under cold water, peel and slice. In a medium bowl, combine the mayonnaise and curry powder before folding in the eggs.

Season with pepper.

3. Spread each slice of bread with avocado and top with the curried egg mixture.

Notes

Use your older eggs for this dish to make peeling quick and easy. [Click here for 5 cracking tips on how to peel boiled eggs.](#)

Use wholegrain bread for a nuttier taste

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
128g	941kj 225kcal	10.8g	9g	1.9g	23.5g	5.8g	397mg	2.9g

All nutrition values are per serve.