

# Fried Eggs with Spiced Avocado

Preparation time: 35 mins

Serves: 4 people

User Rating: ★★★★★☆

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## Ingredients

- 8 fried eggs
- 4 roma tomatoes, halved
- 1 tbsp olive oil
- salt and cracked black pepper

- 2 avocados
- 1 tbsp finely chopped red onion
- 1 long red chilli, seeded and sliced
- wholegrain sourdough toast, to serve
- ground paprika, to serve

## Method

1. Preheat oven to 220C. Place the tomatoes on a lined oven tray and drizzle with olive oil. Sprinkle with salt and pepper. Cook for 15 minutes or until tender. Remove from the oven and cool slightly.
2. While the tomatoes are in the oven, place the avocado flesh in a large bowl and mash roughly with the red onion, chilli, salt and pepper.
3. To serve, spread the spicy avocado mixture over the toasted sourdough. Top with fried eggs and serve with roasted tomatoes. Drizzle with a little extra olive oil if desired.

## Notes

Want to know how to make perfect fried eggs, every time? [Discover our easy fried eggs recipe today!](#)

## Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)
<b>346g</b>	<b>1790kJ</b> <b>428kcal</b>	<b>23.2g</b>	<b>27.4g</b>	<b>5.4g</b>	<b>16.9g</b>	<b>4.6g</b>
Sodium	Fibre	Vitamin D				
<b>396mg</b>	<b>10.5g</b>	<b>7.8µg</b>				

All nutrition values are per serve.