

Baked Avocado with Smoked Salmon & Egg



Makes 4

Prep 10 mins

Cook 10 mins

Easy

Ingredients

3 large avocados
6 eggs, small, separated
smoked salmon slices
1 tbsp chives, finely chopped
toasted dark rye bread to serve

1. Heat the oven to 200C/ Fan 180C/ Gas 6. Halve the avocados lengthways and remove their stones.
2. Crunch up 4 pieces of foil onto a baking tray and put the avocado on top to stop them rolling. Scoop out some more flesh from the middle, where the stone was. Add a little salmon slice to each and then add the egg yolks. Beat the egg whites quickly, so it's one uniform consistency and pour in as much as you can. Grind over black pepper and bake for 10 mins or until the whites have set. Scatter over the chives, and serve with rye soldiers for dunking.
3. If the avocados are very small, just use the salmon and the yolk and make a little fluffy pancake on the side from the whisked whites.