

Soft-Boiled Egg, Avocado & Vegemite



Preparation time:	15 mins
Serves:	2 people
User Rating:	★★★★☆

Publication: 7 October 2020
Categories: Quick & Easy, Breakfast Recipes, Vegetarian

Switch up your regular egg soldiers for these Vegemite covered fingers with avocado and a soft boiled egg. The avocado and Vegemite compliment each other perfectly and when dipped into the soft boiled egg, the flavours are delicious - the perfect mix!

This recipe isn't just for kids, but will certainly add excitement to brekky time when the faces are drawn on!



Ingredients

- ½ small ripe avocado
- 1 tsp lemon juice
- 2 eggs, at room temperature
- 2 slices wholegrain bread
- Vegemite, for spreading

Method

1. Draw funny faces, names or messages with a texta on the eggs before cooking.

- 2. Halve avocado and scoop out the insides into a small bowl. Add lemon juice and mash with a fork. Set aside.
- 3. Place eggs into a saucepan of cold water and bring to a gentle simmer, stirring gently in a clockwise direction, over medium heat. Simmer for 3-4 minutes for soft-boiled.
- 4. Meanwhile, toast bread then lightly spread with Vegemite and top with avocado. Cut the toast into fingers.
- 5. Transfer eggs into egg cups and serve with avocado and Vegemite toast.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
130g	886kj 212kcal	11.2g	11.5g	2.2g	13.4g	0.9g	233mg	5.1g
Vitamin D								
3.1µg								

All nutrition values are per serve.