

AVOCADO ROSE WITH PERFECT BOILED EGGS





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Preparation time: 5 minutes

Cooking time: 10 minutes

Serves: 4

2 ripe avocados

4 eggs

4 slices rye bread

50g unsalted butter, at room temperature

2 Tbsp extra virgin olive oil

4 cups baby spinach leaves

finely grated zest of 1 lemon

sea salt flakes and freshly ground black pepper

1 tsp Korean chilli flakes

1 Halve the avocados, remove the stones, and scoop the flesh out neatly. Slice in fine parallel lines, then spread gently to make a fan. Coil gently to make a rose.

2 Put the eggs into a saucepan of cold water. Set over a moderate heat and bring to a high simmer. Cook for 3 minutes, then remove from the water and peel. Halve with a damp knife.

3 Toast the rye bread until crisp. Pour the oil into a skillet set over a high heat. Fry the garlic for 1 minute, then add the spinach and lemon zest, cooking until wilted.

4 Place the avocado rose on the toast, season with salt and pepper, then scatter with Korean chilli flakes. Make small piles of spinach, then arrange the eggs on top.