

Avocado with Soft-boiled Egg and Avocado-Jalapeno Salsa



Recipe courtesy of Horticulture Innovation Australia Limited.

Ingredients

- 3 small ripe Hass avocados
- 2 eggs, at room temperature
- 1/4 cup extra-virgin olive oil
- 1 small yellow capsicum, finely diced
- 1/2 small Spanish onion, finely diced
- 1 tbsp finely diced pickled jalapeños
- 1 tbsp finely chopped coriander
- 2 limes (juice)
- 1 lime (Finely grated rind)

1 garlic clove, finely chopped

Baby red vein sorrel or other micro-herbs, optional, to serve

Method:

1. Bring a saucepan of water to the boil, add eggs and cook for 6½ minutes for semi-soft yolks. Drain, rinse under cold running water, peel and halve.
2. While the eggs are cooking, prepare the salsa. Halve an avocado, remove the seed and use a large spoon to scoop the flesh from the skin, then finely dice. Combine in a bowl with oil, capsicum, onion, jalapenos, coriander, lime rind, lime juice and garlic, season to taste and mix to combine.
3. Halve remaining avocado, remove the seed and run a large spoon around between the flesh and the skin to release. Use a paring knife, thinly slice crossways then gently fan within the skin. Top each avocado half with half a boiled egg, spoon over salsa to taste and serve scattered with microherbs.