



BAKED AVOCADO EGGS & SALSA

Ripe cherry tomatoes, tangy red onion and a squeeze of lime gives a mouth-watering, Mexican kick to this delicious dish centred around silky baked avocado and the rich, golden yolks of our Burford Browns. A few slices of fried halloumi or some sweetcorn fritters finishes it to perfection.

Prep time 10 minutes | Cook time 20 minutes | Serves 2

1 'Gem' avocado
2 Clarence Court Burford Brown eggs
Sea salt and freshly ground black pepper
¼ red onion, peeled and finely chopped
300g ripe cherry tomatoes
Juice of 1 lime or a splash red wine vinegar
Extra virgin olive oil
A few sprigs coriander or flat leaf parsley, leaves picked and stalks reserved

Preheat the oven to 200°C/180°C (fan).

Halve and destone the avocado. You may need to scoop out a little of the flesh to fit the egg in, but you can chop this up and add to the salsa.

Trim a little bit from the base of each half so they sit flat on a baking tray. Crack the eggs into the scooped out avocados, season and drizzle with a little olive oil. Cover each with a piece of foil and bake in the oven for around 20 minutes.

Meanwhile, add the finely chopped onion to a mixing bowl. Chop the tomatoes and stir in the lime juice and a good drizzle of extra virgin olive oil. Finely chop the coriander stalks and chop most of the leaves. Add to the salsa, season well and stir.

Once the eggs are baked remove the foil and carefully transfer the avocados to serving plates. Spoon over the salsa, sprinkle with coriander and enjoy!



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