



Spring Open-Faced Breakfast Sandwich

By Chef Veera Gaul, Ph.D.



Ingredients

4 slices whole wheat or multigrain bread, toasted
2 teaspoons Dijon mustard
2 avocados, pitted, peeled, mashed
1 lemon zested and juiced
¼ teaspoon crushed red chili
20-24 spears asparagus
2 hard cooked eggs, sliced (See tip below)
Cracked black peppers and Fleur de Sel finishing salt or Kosher salt

Preparation

Trim the asparagus, bring a pot of water to the boil, salt well with kosher salt. Separately fill a bowl with ice water. When the water comes to rolling boil, add the asparagus and cook for 30 seconds to 1 ½ minutes depending on the thickness of the asparagus. Drain, and plunge into the ice water. Remove after 3-5 minutes and drain on paper towels.

Add a teaspoon of minced lemon zest to the mashed avocado along with a teaspoon of lemon juice and the crushed red chili. Mix well.

Spread each toast with the mustard, then layer with a generous amount of mashed avocado.

Top with asparagus spears and sliced egg. Sprinkle generously with Fleur de Sel and freshly cracked black pepper

Serves 2
Time: 15 minutes

Tips:

To boil eggs with a slightly runny yolk, bring $\frac{1}{2}$ inch water to the boil in a small pan. Add the two eggs, reduce heat and simmer covered for 6-7 minutes. Pour off the hot water, gently shake eggs in the pan to crack and fill the pan with ice cold water. Let sit for one minute, remove, peel and halve.

Categories: Breakfast & Brunch, Dairy-Free, Asparagus, Avocado Toast, Eggs, Breakfast, Brunch, Fleur de Sel, Lunch,