

? Avocado Toast with Egg and Chili Flakes

Lisa · 11/05/2025

**Prep Time**

10

Difficult

Easy

Servings

2

Description

This simple yet satisfying avocado toast is topped with a soft-boiled egg and a sprinkle of chili flakes. Creamy, crunchy, spicy, and ready in minutes — perfect for breakfast, brunch or a light lunch.

Ingredients

- 2 slices of sourdough or rustic bread, toasted
- 1 ripe avocado
- 2 eggs
- ½ lemon (juice)
- Salt and pepper to taste
- Chili flakes (to taste)
- Optional: olive oil drizzle, fresh herbs (e.g. chives, parsley)

Instructions

1. 1. Boil the eggs:
2. Bring water to a boil. Gently add eggs and boil for 7 minutes (soft center).
3. Rinse under cold water and peel.
4. 2. Prepare the avocado:
5. In a bowl, mash the avocado with lemon juice, salt and pepper to taste.
6. 3. Toast the bread:
7. Toast the bread slices until golden and crispy.
8. 4. Assemble:
9. Spread mashed avocado on toast.
10. Slice or halve the boiled eggs and place on top.
11. Sprinkle with chili flakes and optional herbs.
12. Serve immediately!