Avocado Scottish Eggs

Serves 5

Ingredients

6 eggs
1 ripe avocado from Mexico, mashed
500 g (1 lb) sausage meat
1 tbsp (15 ml) fresh parsley, chopped
1 cup (250 ml) flour
1 cup (250 ml) breadcrumbs
Vegetable or canola oil
Salt and pepper, to taste

Preparation

1. Bring a pot of water to a rolling boil and gently place 5 eggs in the water. Boil five eggs for about 6 minutes to bring them to a soft-boil; cool and peel. Whisk one raw egg in a bowl.
2. On the stove, fill a frying pan about halfway with oil and heat at medium heat until bubbles start to appear.
3. In a bowl, mix sausage meat, parsley, mashed avocado,

Avocado Scottish Eggs

salt and pepper.

4. Carefully wrap each egg in the avocado-sausage mixture. Roll coated eggs in flour, dip in beaten raw egg and coat in breadcrumbs.

5. Fry until golden brown, around 5 to 7 minutes. Slice and enjoy with your choice of dipping sauce.