

## Together at Home

### Healthy Recipe of the Week

In Partnership with ShowMe.Fit by Gregg Wallace



#### **Baked Avocado Eggs – Vegetarian**

##### **Ingredients:**

*Serves 2*

2 avocados  
2 eggs  
A pinch of paprika  
Pepper  
2 wholemeal pittas  
1 handful of chives

##### **Instructions:**

1. Pre-heat your oven to 200°C
2. Prepare your ingredients
3. Cut the avocado in half and remove the stone
4. Scoop out some of the avocado flesh (enough to make room for the egg)
5. Place your avocado halves onto a dish with pockets to prevent them from rolling and crack an egg into each half
6. Add some chopped chives, a sprinkle of paprika and a crack of pepper to each half
7. Place your avocados into the oven for 20 mins until the egg is cooked
8. Serve with the pitta and enjoy!



HOME HOUSE COLLECTION

ShowMe.Fit  
with Gregg Wallace



**Equipment:**

Knife

Spoon

Baking dish with pockets (something like a muffin tray)