



Bagel with Avocado and Poached Egg

🕒 15–20 Min   

Preparation

- 1 Cut through the bagel lengthways and coat with the crème fraîche.
- 2 Thinly slice the avocados. Layer the avocados and the salmon onto the bagel.
- 3 Garnish with some Kotányi salt and pepper and a spritz of fresh lemon.
- 4 To make the poached eggs: Layer a small cup with plastic wrap so that the film hangs over the edge of the cup by around five centimeters.
- 5 Add the egg, then use the film to make a parcel and tie. Bring water to the boil in a pan, then shape and tie up the parcel. Place the parcel in the pan and allow to cook for 5–7 minutes in the boiling water.
- 6 Then carefully remove the egg, serve on the bagel and season with a little Spice up my Salad mix.

Ingredients 2 Portions

♦ = Kotányi Produkte

2 piece	Bagel
100 g	Crème fraîche
2 piece	Avocados
2	Eggs
100 g	Salmon
1 piece	Lemon
1 tsp.	♦ Mango Herbs Fruity
1 pinch	♦ Sea Salt, Coarse
1 pinch	♦ Pepper Black, Ground
	Plastic wrap

