

# 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 |