

Cheesy Egg in the Hole with Corn Salsa



Preparation time: 25 mins

Serves: 4 people

User Rating: ★★☆☆☆

Publication: 20 August 2019

Categories: Breakfast Recipes, Vegetarian, Kid Friendly



Ingredients

- 4 large slices crusty white bread (2cm thick)
- 30g softened butter
- 1 cup finely grated tasty cheese
- 1 tablespoon extra virgin olive oil
- 4 eggs
- Chilli sauce, to serve

CORN SALSA

- 1 corn cob, kernels removed
- 2 tbs finely chopped coriander, plus extra leaves, to serve
- 2 tbs lime juice
- 1 tbs olive oil

Method

1. Spread both sides of bread with butter. Sprinkle cheese over a large plate and press in bread slices and cut out holes to coat both sides. Use a 4cm cutter to cut a hole out of each bread slice bread.
2. Heat a large non-stick frying pan over medium-high heat. Add corn and cook 2-3 minutes, until bright yellow and ledges start to turn golden. Tip into a bowl. Add remaining salsa ingredients and set aside,
3. Wipe out pan and add oil. Cook bread slices and cut out holes, for 2-3 minutes or until undersides are golden and toasted, then flip over. Gently crack 1 egg into each hole.
4. Sprinkle salt and pepper over egg, cover pan with lid and cook 3-4 minutes, until whites set.
5. Spoon corn salsa over the top of toast and drizzle with chilli sauce. Scatter with coriander leaves to serve.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
233g	2120kj 507kcal	22.8g	31.3g	12.8g	31g	8g	884mg	4.6g

All nutrition values are per serve.