

Egg Avocado Bravas Recipe



The Ingredients:

- 2 oz of organic tomato sauce
- 2 tablespoon of organic tomato paste
- 1/2 cup of fresh tomatoes
- 1 medium onion
- 2 cloves of garlic
- salt & pepper
- 3 tsps of Paprika
- 1 tsp of red chili flakes
- 3 tablespoons of olive oil
- 1 medium-large avocado
- 1 bay leaf
- 1 cage free egg and oil for cooking it
- 1 teaspoon of tapioca flour or arrowroot flour
- 1 oz of cheddar cheese

Instructions:

Bravas sauce:

- 1.) Blend fresh tomatoes and tomato products with chopped onions, and minced garlic in blender.
- 2.) Add oil and spices to tomato mixture. Blend together.
- 3.) Add mixture and bay leaf into small sauce pan and bring to boil, then immediately to simmer to thicken the sauce. Fish bay leaf out.
- 4.) This will make about 1 to 1 1/2 cup of sauce, refrigerate for later use, especially on white fish dishes.

Continue Recipe:

- 1.) Cube avocado.
- 2.) Cook cage-free egg to preference
- 3.) Toss cheddar in flour. On low heat, place cheddar on skillet into rounds. This will take mere seconds, take off immediately browned. Take off heat, allow to cool.
- 4.) Assemble dish, sauce at bottom, avocado, frico and top with egg.

Enjoy!