

These simple, and delicious open-faced sandwiches are packed with healthy nutrients such as protein, fatty acids, potassium, vitamin D, and fibre.

Avocado Toasts with Charred Tomatoes, Garlic Shrimp and Fried Eggs

Ingredients

1 ripe avocado
1½ teaspoons fresh lemon juice
¼ teaspoon red pepper flakes
3 cocktail tomatoes, halved
Kosher salt
Freshly ground pepper
2 large eggs
2 slices of your favorite rustic bread

For the garlic shrimp:
1 tablespoon olive oil
½ pound uncooked shrimp, peeled
2 cloves garlic, minced
½ lemon juiced
1 teaspoon finely chopped parsley



Instructions

1. Cut the avocado in half lengthwise. Remove and the pit and discard. Scoop the avocado from its skin and place it in a small bowl. Mash the avocado with lemon juice and red pepper flakes. Season with salt to taste. Press plastic wrap to the surface of your avocado to keep it from browning, and briefly set aside.
2. Brush the cut side of the tomatoes with a little olive oil and season with salt and pepper. Heat a skillet over medium-high heat. When hot, add the tomatoes cut side down and let them cook undisturbed for 4-5 minutes until charred. Remove them from the pan and cover with foil to keep warm.
3. Pat shrimp dry with a paper towel and season with salt and pepper. Heat a tablespoon of olive oil in a large saucepan. When hot, add the shrimp and cook for two minutes on the first side. Add the garlic to the pan and flip the shrimp. Cook for approximately 2 minutes more until the shrimp have turned pink and opaque.
4. Remove the shrimp from the pan and place them in a bowl. Keep the pan on the heat and add the lemon juice. Cook for about 15 seconds, scraping up the garlic and any browned bits from the bottom of the pan. Pour the juice over the shrimp, add the chopped parsley and toss to coat.
5. Heat a medium pan over medium heat. Add a little olive oil or butter to the pan. Add the eggs to the pan and cook for about 3 minutes until the whites are just set and the yolks are still runny.
6. While the eggs are cooking grill or toast your bread.
7. To assemble: Spread half of the avocado mixture on each piece of toast in an even layer. Top each piece with 3 charred tomatoes and half of the garlic shrimp. Top with fried eggs, and serve immediately.

Source: <http://domesticate-me.com/avocado-toasts-charred-tomatoes-garlic-shrimp-fried-eggs/>

