

Avocado Toasts (variations included)

Published Date

Wed 8th September 2021

Prep Time

5 mins

Cook Time

10 mins

Total Time

15 mins

Serves

2

Ingredients

Plain Avocado Paste

- 1/2 [Avocado](#) - ripe
- 1/4 Teaspoon [Salt](#)
- 1/4 Teaspoon [Black pepper](#)

Tuna-mole Toast

- 1 Can [Tuna](#)
- 1/2 [Avocado](#) - ripe
- 3 oz [Red Onion](#) - diced
- 1 Tablespoon [Lime juice](#)
- 1 Seasoning Pepper - Minced
- Salt and Back Pepper to taste
- 2 slices - [Jewish Rye Sourdough from Zak The Baker](#)

Avocado Poach

- 2 [eggs](#) - cold
- 3-4 slices of [Bacon](#) - diced
- 1/2 Teaspoon [Cumin](#) - powder
- 1/2 [Avocado](#) - ripe
- Salt & Black Pepper to taste

- 2 Slices - [Kiss My Keto Bread](#)

Mushroom-Ocado

- 60 g [Mushrooms](#) - sliced
- 1 oz [Garlic](#) - minced
- 2 Teaspoons [Extra Virgin Olive Oil](#)
- 1 Tablespoon [Red Wine Vinegar](#)
- ½ [Avocado](#) - ripe
- Salt & Black Pepper to taste

Instructions

Tuna-mole Toast

1. Open the can of tuna and drain the liquid while keeping the tuna in the can then add the lime juice and set aside.
2. Avocado Paste - Mash the avocado using an [avocado masher](#) and mix with salt and black pepper in a [bowl](#).
3. Mix in the onion, seasoning peppers and tuna.
4. Toast the bread, spread the Tuna-mole paste on top and enjoy.

Avocado Poach

1. Fry the diced bacon until crispy then place on a paper towel to drain the excess oil.
2. Avocado Paste - Mash the avocado using an [avocado masher](#) and mix the salt and black pepper in a [bowl](#). Then mix in the bacon bits, cumin and set aside.
3. Use a [deep skillet](#), fill with 2 inches of water and place it on medium heat and bring to around 205°F / 96°C just before it starts to bubble DO NOT BOIL
4. Once the water is at the correct temperature, remove the egg from the fridge and crack into a [ramekin bowl](#) or [a ladle](#), bring it to the water's edge and carefully pour it into the water.
5. Cover the pan and cook for 3-5 minutes.
6. Toast your bread and spread the avocado mixture on top.
7. Remove the cooked egg from the water with a slotted spoon and gently shake off any excess water before placing it on top of your toast.
8. Serve warm with a dash of Salt & Black pepper on top the egg.

Mushroom-Ocado

1. Avocado Paste - Mash the avocado using an [avocado masher](#) and mix with salt and black pepper in a [bowl](#) and set aside.
2. Using a [skillet](#) add the oil and bring to a medium heat.
3. Once the oil is hot add the mushrooms and saute for 3 minutes.
4. Add the garlic and red wine vinegar and saute for another 3 minutes or until the mushrooms are cooked and there is a little liquid left in the pan then remove from the heat.
5. Toast your bread, spread the avocado mash on top and spoon the cooked mushroom mixture over top and enjoy.

<https://classicbakes.com/recipes/avocado-toasts-variations-included>