



Egg and Anchovy Bruschetta

10'

Hands on

30'

Cook Time

20

Portion(s)

1

Difficulty



Ingredients

- olive oil, to sauté
- 1 large onion or 2 medium onions, cut in half and thinly sliced
- salt and pepper
- 1 baguette, cut into thin, slices, cut at an angle
- 1 clove of garlic, cut in half
- 6 eggs, boiled, not completely hard
- 1 tablespoon chives or spring onion, finely chopped
- some apple cider vinegar
- 20 small anchovy fillets or 10 larger ones cut in half, excess oil removed

Method

Photo credit:

G. Drakopoulos - Food Styling: T. Webb

- Preheat oven to 150* C (300* F) Fan.
- Sauté the onion in a pan with a small amount of olive oil over low heat. You need to cook them for over half an hour to get them to turn golden, caramelize and sweeten. Stir less in the beginning and more often as time goes by so that they don't burn.
- If you do not have so much time, you can add 1 teaspoon of sugar or 1 tablespoon of balsamic vinegar as they are cooking.
- Boil the eggs for 7 minutes (follow instructions [here](#)).
- Remove eggshells and allow to cool if needed.
- Cut up the eggs in a bowl with a fork. Toss with 1 tablespoon olive oil, onion and some apple cider vinegar.
- Season to taste.
- Brush the baguette slices with some olive oil and toast them for just a few minutes, until crunchy.
- Remove from oven and immediately rub with some garlic.
- To serve spread some caramelized onions over each baguette slice. Top with a large spoonful of the egg mixture and then an anchovy.

Διατροφικός πίνακας

Nutrition information per portion

55 Calories (kcal)	3.0 Total Fat (g)	0.7 Saturated Fat (g)	3.0 Total Carbs (g)
3%	4%	4%	1%
0.8 Sugars (g)	3.6 Protein (g)	0.0 Fibre (g)	0.43 Sodium (g)
1%	7%	0%	7%