



Egg Bruschetta

20 minutes

Hands on

4

Portion(s)

1

Difficulty



Method

For the basil oil

- In a blender, add the olive oil and basil leaves.
- Beat for about 1 minute, until the leaves are completely ground.
- Be careful! If you beat for too long, the mixture's temperature will rise too much and make the oil turn dark. If you don't beat long enough, the basil will not release enough of its essence into the oil.
- Pass the oil through a fine sieve (or cheesecloth). This process may take as long as 2 hours.
- You can store the oil in the refrigerator for a long time.
- When you want to use it, remove it from the refrigerator 5 minutes before you need to use it.

For bruschetta

- Place a pan over medium to low heat.
- Add a teaspoon of butter and allow it to melt.
- Add the 2 slices of bread and cook for 2-3 minutes on each side, until nice and golden.
- Repeat the same process for the remaining slices of bread.
- At the same time a deep pan over heat.
- Add a generous amount of frying oil and heat until it reaches 180* C (350* F).
- When the required temperature has been reached, add the eggs, whole, and fry until golden.
- Yes! Whole boiled eggs can be deep fried!
- When ready, remove from pan and set aside.
- Spread out the slices of bread on a clean working surface.
- Brush each slice with a teaspoonful of [mayonnaise](#) on one side; then add a slice of cheddar, some spinach and strips of the red horned pepper.
- Top with the eggs that have been cut in half.
- Serve with freshly ground pepper.

Ingredients

For basil oil

- 200 g olive oil
- 50 g basil leaves, broad leaves

For bruschetta

- [Mayonnaise](#)
- 2 large slices whole wheat multigrain bread, cut in half
- 4 slices cheddar cheese
- 150 g fresh baby spinach
- 2 red horned peppers (Florinis), cut in to strips
- 4 eggs, hard boiled and shells removed
- 60 - 80 gr. butter

Διατροφικός πίνακας

Nutrition information per portion

369 Calories (kcal)	26.9 Total Fat (g)	9.3 Saturated Fat (g)	14.1 Total Carbs (g)
18%	38%	47%	5%
1.8 Sugars (g)	16.2 Protein (g)	3.0 Fibre (g)	1.0 Sodium (g)
2%	32%	12%	17%