

Salt and Serenity

E.A.T. Breakfast Sandwiches (Egg Avocado and Tomato)

Serves 4

4 biscuits or English muffins
2 avocados
2 teaspoons olive oil
2 teaspoons lime juice
½ teaspoon kosher salt
pinch of red pepper flakes (optional)
8 ounces Halloumi cheese, sliced into 8 slices
4 large eggs
olive oil for frying cheese and eggs
1 large tomato or 2 medium tomatoes, sliced
salt and pepper for seasoning tomatoes

1. Cut avocados in half and remove pits. Use a spoon to scoop out flesh and transfer flesh to a mixing bowl. With a fork, coarsely mash the avocados. Mix in lime juice, olive oil, salt and red pepper flakes. Set aside.
2. Add 1 tablespoon olive oil to a 10 or 12 inch non-stick skillet. Heat over medium heat. Add Halloumi slices and fry on both sides until golden brown. Remove from skillet to a paper towel lined plate and set aside.
3. Split biscuits or English muffins and toast lightly.
4. While biscuits are toasting, add a bit more olive oil to non-stick skillet and crack 4 eggs into skillet. Season eggs with salt and pepper and fry over medium heat for 1-2 minutes. Cover skillet with lid and turn down heat to low. Continue cooking for an additional 3-4 minutes until whites are set but yolks are still soft. The lid creates steam and helps the whites to set faster.
5. Assemble sandwiches: Place one half of each biscuit on platter. Cover each with some mashed avocado. Top with tomato slices. Sprinkle salt and pepper on tomatoes. Top with sliced Halloumi and fried egg. Place lid on each sandwich and serve.

