Protein Avocado Toast: Sourdough with Cottage Cheese and Egg

Creamy layers of avocado and cheese topped with sliced hard boiled eggs



PREP	COOK	TOTAL	SERVES	CALORIES
10 min	2 min	12 min	1 servings	410 kcal

Ingredients

- 2 sourdough bread, 60g each
- 1 ripe avocado, 180g
- 1 tbsp lemon juice
- 1/2 tsp sea salt
- 1/4 tsp ground black pepper
- 1/8 tsp cayenne pepper
- 125 g low-fat cottage cheese
- 1 large egg, 50g
- 1/2 tsp Everything Bagel seasoning, optional
- 1 tsp extra-virgin olive oil

Instructions

1. Toast the bread: Place the bread slices in a toaster set to medium-browning. You may also heat a skillet over medium-high and toast the bread for 1-2 minutes. Ensure the slices are golden brown to provide a sturdy base.
2. Boil the egg: Bring a small pot of water to a gentle boil and drop the whole egg in. Reduce the heat to a rolling simmer and cook for 7 minutes. This timing ensures the yolk is set but not overdone.
3. Chill and peel: Transfer the egg immediately to a bowl of ice water. Let it rest for 2 minutes. This shock stops the cooking process and makes the shell easier to remove.
4. Mash the avocado: Scoop the avocado flesh into a small bowl. Mix in the lemon juice, sea salt, black pepper, and cayenne pepper. Mash with a fork until the texture is smooth yet slightly chunky.

5. Layer the base: Spread the mashed avocado evenly over the toasted bread slices. Drizzle with the extra-virgin olive oil. The oil enhances the flavour and helps the subsequent toppings cling to the bread.
6. Add cheese and egg: Spoon the low-fat cottage cheese evenly across each slice. Slice the hard-boiled egg into thin rounds and arrange them on top. Sprinkle with Everything Bagel seasoning for a herby crunch.
7. Finish and serve: Gently press the toast together so the layers meld and the serving remains stable. Serve immediately. You may add a splash of fresh lemon juice or chopped chives as a garnish.

Notes

What to serve with itPair the toast with mixed berries or a small apple for a sweet-savoury contrast. You can also serve it with chilled cucumber-mint yoghurt for a refreshing accompaniment. For a Mediterranean twist, add a sprinkle of toasted sesame seeds or a drizzle of colourful harissa to the final plate.

Storing and reheatingStore unused toasted bread in an airtight container at room temperature for no longer than 2 hours to maintain crispness. Do not freeze this dish. Freezing causes the toast to become soggy and ruins the texture of the hard-boiled egg, making it rubbery and unpleasant to eat.

Getting the texture rightUse a dry skillet or an old-fashioned toaster to ensure the bread stays crisp. Avoid dipping the toast in wet toppings to prevent sogginess. If your avocado is underripe, add a splash of lemon juice and a pinch of salt to speed up the ripening process.

Sweet or savouryThis is a savoury dish that relies on the contrast between creamy fats and acidic brightness. You can vary the profile by replacing cottage cheese with soft feta crumbles and adding sun-dried tomatoes or sautéed spinach. Finish with a balsamic glaze for a deeper, tangier flavour profile.