

Sunday's Brunch

Eggs Benny

by Laura Spencer, Bonfire Nutrition



Partnered with



Serves 2

Time: 40-45 minutes

2 green plantains	1 tsp salt, <i>if poaching eggs</i>
1 cup avocado oil	1 tbsp kimchi
4 eggs	3 strips smoked salmon
1 avocado	1 tbsp hemp hearts
2 tbsp cilantro	2 cups mixed greens
1 lime	1 lemon, juice
3 ice cubes	3 tbsp olive oil
2 tbsp vinegar, <i>if poaching eggs</i>	salt & pepper

1. Cut the plantain into 2 inch slices.
2. Heat avocado oil in a cast iron pan over medium heat.
3. Add plantains and cook about 5 minutes on each side. Transfer plantains to a cutting board. Use the base of a mug or plate to press each plantain to about 1/4 inch thick.
4. Return plantains to frying pan and cook for another 5 minutes on each side. Transfer to a paper towel-lined plate and set aside.
5. For the avocado cilantro sauce, place avocado, ice cubes, lime juice, hemp hearts, and cilantro in a food processor. Blend until creamy. Add salt and pepper to taste. You can add 1 tsp of water to reach your desired consistency.
6. How you cook the eggs is up to you. You can simply fry the eggs frying pan sunny side up. Or, if you would prefer poached, bring a pot of water to a boil. Add sea salt and vinegar. Carefully stir the water with a spoon to create a whirlpool. Gently add one egg into the centre of the whirlpool. Cook for 3 to 4 minutes then use a slotted spoon to remove the egg onto a paper towel-lined plate. Repeat for the rest of the eggs. Set aside.
7. To assemble, place a few flattened plantains on a plate, layer an egg and any of the toppings you desire finishing with a drizzle of the avocado cilantro sauce. Serve with a side of mixed greens. Enjoy!