

Corn Fritters with Avocado-Tomato-Salsa and Poached Egg

○ Simple

Ingredients for 4 Persons

Preparation time:

Required time: 15 Min.

Set-up time: 10 Min.

Cooking time: 12 Min.

Corn Fritters:

400 g corn, canned

2 eggs

60 g spelt flour

1 Bund bunch of chives

½ red chili

2 spring onions

black pepper

sea salt

2 tbsp **Organic Coconut Oil – Premium Quality**

For the poached eggs:

4 eggs

vinegar

Avocado-Tomaten-Salsa:

1 avocado

some lemon juice

1 tomato

½ red chili

1 small red onion

2 tbsp **Organic Coconut Blossom Vinaigrette**

"Nectar Dream"

cayenne pepper

sea salt

Corn fritters

1

In a bowl beat eggs until frothy and gradually stir in spelt flour.

2

Add corn, chopped chives, finely sliced spring onions and the finely diced red chili (remove seeds first).

3

Mix well and season with sea salt and freshly ground pepper.

4

Heat coconut oil in a pan and fill in small heaps of batter.

5

Carefully fry from both sides until golden brown.

Poached eggs

1

Fill a large pot with water and add vinegar.

2

Heat water, but do not bring it to a boil. The temperature is perfect when the water just about starts to simmer. (If the water is too cold, the egg will fall apart and if it is too hot, the egg whites will cook too quickly and the egg yolk won't be done.)

3

Carefully crack egg into a cup, which will make it easier to put the egg into the water.

4

Very quickly stir the hot water with a wooden spoon to create a swirl in the middle.

5

Let the egg glide from the cup into the swirl. The swirl will keep the egg white together and ensures that it places itself around the egg yolk.

6

Remove egg from water with a skimmer after about 3-4 minutes. Dry on a paper towel and place on corn fritters.

Avocado-Tomaten-Salsa

1

Peel and dice avocado and drizzle with lemon juice.

2

Peel and finely dice red onion, remove seeds from chili and chop very finely. Add both to avocado.

3

Quarter tomato, remove seeds and dice. Add to avocado.

4

Mix coconut blossom vinaigrette with cayenne pepper and sea salt and drizzle over corn fritters, avocado salsa and the poached egg. Serve and enjoy!
