

Air Fryer Hash Brown Toast



Preparation time: 20 mins
Serves: 2 people
User Rating: ★★☆☆☆

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Short on time and possibly out of bread? This dish is a crispy and comforting twist on the classic eggs on toast. The hash brown crunch is simply divine. See all the easy steps below.



Ingredients

- Cooking oil spray
- 4 frozen store-bought hash browns
- 1 Tbsp olive oil
- 2 eggs
- ½ large avocado, peeled and sliced
- Chilli flakes (optional)

Method

1. Spray the basket of an air fryer with cooking oil spray. Place hash browns in the basket and spray with oil.
2. Cook on 200°C for 8 minutes, turn over, spray with oil and cook for a further 6-8 minutes or until crisp and golden.
3. While the hash browns are cooking, heat oil in a non-stick frying pan over medium-high heat and fry eggs for 3 minutes or until edges are crispy and the yolk is still runny.
4. Place one hash brown onto a serving plate and top with slices of avocado and fried egg. Sandwich with another hash brown.
5. If using chilli flakes sprinkle over the hot egg. Serve immediately.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
247g	2320kj 554kcal	12.3g	42.7g	6.8g	28.8g	3g	482mg	3.6g

Vitamin D
4.1µg

All nutrition values are per serve.