

# Cheesy Egg in the Hole with Corn Salsa



Preparation time: 25 mins

Serves: 4 people

User Rating: ★★☆☆☆

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Categories: Breakfast Recipes, Vegetarian, Kid Friendly



## Ingredients

- 4 large slices crusty white bread (2cm thick)
- 30g softened butter
- 1 cup finely grated tasty cheese
- 1 tablespoon extra virgin olive oil
- 4 eggs
- Chilli sauce, to serve

## CORN SALSA

- 1 corn cob, kernels removed
- 2 tbs finely chopped coriander, plus extra leaves, to serve
- 2 tbs lime juice
- 1 tbs olive oil

Method

1. Spread both sides of bread with butter. Sprinkle cheese over a large plate and press in bread slices and cut out holes to coat both sides. Use a 4cm cutter to cut a hole out of each bread slice bread.
2. Heat a large non-stick frying pan over medium-high heat. Add corn and cook 2-3 minutes, until bright yellow and ledges start to turn golden. Tip into a bowl. Add remaining salsa ingredients and set aside,
3. Wipe out pan and add oil. Cook bread slices and cut out holes, for 2-3 minutes or until undersides are golden and toasted, then flip over. Gently crack 1 egg into each hole.
4. Sprinkle salt and pepper over egg, cover pan with lid and cook 3-4 minutes, until whites set.
5. Spoon corn salsa over the top of toast and drizzle with chilli sauce. Scatter with coriander leaves to serve.

Nutritional Information

|              |                   |         |           |               |               |               |        |       |
|--------------|-------------------|---------|-----------|---------------|---------------|---------------|--------|-------|
| Serving size | Energy            | Protein | Total fat | Saturated fat | Carbs (total) | Carbs (sugar) | Sodium | Fibre |
| 233g         | 2120kj<br>507kcal | 22.8g   | 31.3g     | 12.8g         | 31g           | 8g            | 884mg  | 4.6g  |

All nutrition values are per serve.