



# BAGEL EGG BOATS WITH BACON AND GUACAMOLE

**SERVINGS: 4**

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**PREP TIME: 5 MINUTES**

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**TOTAL TIME: 25 MINUTES**

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## NOTES:



**MADE IN JUST 30 MINUTES**



**CONTRIBUTES TO 5 A DAY**



**BASIC KITCEHN EQUIPMENT**



**LOW DIFFICULTY**

## INGREDIENTS

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**4 BAGELS, SLICED IN HALF  
HORIZONTALLY**  
**2 AVOCADOS**  
**1 LIME, JUICED**  
**8 CHERRY TOMATOES, ROUGHLY  
CHOPPED**  
**4 TSP SMOKEY CHIILI PASTE OR  
SMOKED PAPRIKA POWDER**  
**4 TSP MAPLE SYRUP**  
**12 RASHERS STREAKY BACON**  
**1 TBSP OLIVE OIL**  
**4 EGGS**

**OPTIONAL EXTRAS:**  
**GRILLED SAUSAGES**  
**GRILLED MUSHROOMS**  
**BEANS**  
**GREEN SALAD**

**RECIPE ON REVERSE SIDE.**

**CHECK OUT THE AROMA INSTAGRAM  
AND FACEBOOK PAGE FOR  
TUTORIALS AND COOK-ALONG  
SESSIONS.**





## METHOD

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**PREHEAT THE OVEN TO 180 OC GAS 4. LINE A BAKING TRAY WITH FOIL. IF THE BAGEL HOLES ARE SMALL, CUT AWAY SOME OF THE CENTRE.**

**MASH THE AVOCADO WITH THE LIME JUICE AND A LITTLE SALT. STIR IN THE TOMATOES AND SET ASIDE.**

**MIX THE CHILLI PASTE OR SMOKED PAPRIKA AND MAPLE SYRUP. PUT THE BACON ON THE LINED TRAY AND BRUSH ONE SIDE WITH HALF THE CHILLI-MAPLE PASTE.**

**BAKE FOR 8-10 MINS, UNTIL JUST CRISP, THEN TURN OVER AND BRUSH WITH THE REMAINING PASTE. BAKE FOR A FURTHER 5-7 MINS. PREHEAT THE GRILL TO HIGH.**

**MEANWHILE, TAKE THE SLICED BAGELS AND TOAST THE BOTTOM HALF IN A TOASTER OR UNDER THE GRILL FOR 1-2 MINS, UNTIL GOLDEN. REMOVE AND SPREAD WITH THE GUACAMOLE.**

**HEAT THE OIL IN THE FRYING PAN OVER A MEDIUM HEAT AND ADD THE BAGEL TOPS, CUT-SIDE DOWN. BREAK AN EGG INTO EACH HOLE AND COOK FOR 10-12 MINS, THEN PUT THE PAN UNDER THE GRILL, UNTIL THE TOPS ARE COOKED TO YOUR LIKING.**

**TAKE THE BASE OF THE BAGELS WITH THE GUCAMOLE ON, PUT 3 BACON RASHERS ON EACH BASE, THEN SANDWICH WITH THE EGGY BAGEL TOP.**

**SERVE WITH ANY ADDITIONAL EXTRAS AND ENJOY WHILST HOT.**