

40

Ali Slagle's

INGREDIENTS

FOREVER

Soy Sauce-Marinated Eggs & Avocado

Serves 4 to 6 | adapted from [Koreaworld](#)

- 8 large eggs
- 6 garlic cloves
- 1 inch ginger
- 4 scallions
- 3/4 cup low-sodium soy sauce (must be low-sodium!)
- 1/2 cup water
- 2 tablespoons honey
- 2 tablespoons toasted sesame seeds
- 1 teaspoon red pepper flakes
- 2 ripe but firm avocados
- Lots of cooked rice, for serving

1. Bring a medium saucepan of water to a boil. Add **8 large eggs**—carefully—and simmer for 6 minutes. Transfer to an ice bath to cool.

2. Meanwhile, finely chop **6 garlic cloves** and **1 inch ginger**. Transfer to a medium bowl. Thinly slice **4 scallions** and chuck those into the bowl, too. To the bowl, add **3/4 cup low-sodium soy sauce**, **1/2 cup water**, **2 tablespoons honey**, **2 tablespoons toasted sesame seeds**, and **1 teaspoon red pepper flakes**. Stir well to combine. Cut **2 ripe but firm avocados** into large chunks and add to the bowl.

3. Peel the eggs and add to the bowl as well; if the eggs aren't submerged, transfer them to a different container. Refrigerate for 30 minutes or up to 24 hours, stirring occasionally. Eat spooned over **rice**, with plenty of sauce. If keeping for longer than 24 hours, separate the eggs from the sauce (the eggs firm as they sit and will get rubbery if marinating for too long).

