

Turkish Eggs and Sourdough



Preparation time: 10 mins

Serves: 2 people

User Rating: ★★★★★

Publication: 28 June 2018

Categories: Breakfast Recipes, Vegetarian





Ingredients

- 350g plain Greek yoghurt
- 2 spring onions, thinly sliced
- 1 tbsp chilli flakes
- 1/2 tsp Himalayan salt flakes
- 4 eggs
- 2 large slices of sourdough
- 2 tbsp extra virgin olive or avocado oil
- Sprinkle of paprika
- Fresh coriander, finely chopped.
- Black pepper

Method

1. Mix together the yoghurt, spring onions, chilli and coriander
2. Poach the eggs and toast the sourdough to your liking
3. Divide the yoghurt between 4 bowls
4. Finish with a drizzle with olive oil, pepper and paprika. Top with fresh coriander.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
358g	2620kj 626kcal	24.3g	45.1g	16.2g	29.1g	14.8g	1040mg	5g

All nutrition values are per serve.