

Delicatessen-Style Eggs Benedict



Preparation time: 15 mins

Serves: 2 people

User Rating: ★★★★★

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Categories: Quick & Easy, Breakfast Recipes, Vegetarian



Ingredients

- ½ Turkish bread (Pide)
- 1 tub Babaganoush (smoky eggplant dip) or homus if you prefer
- 4 eggs
- 4 lobes of roasted capsicum – warmed in microwave at last minute
- 100 mls yoghurt (plain, unsweetened)
- 2 Tbsp fresh mint
- Pepper

Method

Poach eggs.

- 1. Split the pide bread and then cut to make 4 squares. Toast them and then assemble as follows: generous spreading of babaganoush next the egg then the roasted capsicum then a dollop or drizzle of yoghurt sprinkle of mint and pepper to taste

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
363g	2000kj 478kcal	19.9g	29.6g	5.9g	30.5g	9.4g	1060mg	4.8g

All nutrition values are per serve.