

Spicy Eggs on Turkish Toast

Preparation time: 15 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Quick & Easy, Breakfast Recipes, Vegetarian, One Meals for



Ingredients

- 2 large ripe tomatoes, finely chopped
- 1/2 small red onion, finely chopped
- 1/4 cup coriander leaves, chopped
- ground sumac, to taste
- 1/2 Turkish loaf
- spray olive oil
- 4 eggs

Method

1. Combine the tomatoes, onion and coriander leaves in a bowl. Season with sumac.
2. Cut the bread into 2 portions, then cut each in half horizontally. Toast both sides of the bread.
3. Spray a non-stick frying pan lightly with oil, and cook the eggs to your liking.
4. Spoon the tomato mixture onto the toast, and top with an egg. Sprinkle with a little extra sumac.

Notes

Sumac is a spice used in Middle Eastern cooking, with a citrus flavour. It is available from the supermarket in ground form.

Want to know how to make perfect fried eggs, every time? [Discover our easy fried eggs recipe today!](#)

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)
190g	610kj 146kcal	10.2g	5.6g	1.4g	12.4g	3.6g
Sodium	Fibre	Vitamin D				
203mg	2.4g	3.4µg				

All nutrition values are per serve.