

A Colorful and Healthy Mediterranean Breakfast with Eggs, Feta, and Olives

Mediterranean Breakfast Plate



TIME
7 min

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INGREDIENTS

- 3 soft-boiled eggs, halved
- $\frac{1}{2}$ avocado, sliced
- $\frac{1}{2}$ cup cherry tomatoes, halved
- $\frac{1}{2}$ cup cucumber slices
- 2 slices crusty bread, toasted
- 6-8 mixed olives (green & black)
- Feta cheese, crumbled
- Fresh parsley, chopped
- Paprika, salt, and black pepper to taste

DIRECTIONS

- 1. Prepare the : Eggs:** Bring a small pot of water to a boil. Gently lower the eggs into the boiling water and cook for 6-7 minutes for a perfect soft-boiled texture. Once cooked, transfer the eggs to an ice bath to stop the cooking process, then peel and slice them in half.
- 2. Arrange the : Plate:** On a large plate, arrange the halved eggs, sliced avocado, halved cherry tomatoes, cucumber slices, toasted crusty bread, and olives.
- 3. Season and : Garnish:** Sprinkle the eggs and avocado with a pinch of paprika, salt, and black pepper. Finish with a generous sprinkle of freshly chopped parsley.
- 4. Add the : Cheese:** Crumble a handful of feta cheese over the entire plate.
- 5. Serve:** Serve the plate immediately and enjoy the fresh, wholesome flavors.

SWAPS & NOTES

Eggs: While soft-boiled eggs with their creamy yolk are my favorite for this plate, you can use hard-boiled, scrambled, or fried eggs.

Bread: Any crusty bread, like a baguette or sourdough, works well.

If you're looking for a low-carb option, you can easily omit the bread or use a low-carb alternative.

Cheese: Crumbled feta is the classic choice here, but you could also use halloumi, which can be pan-fried for a warm, salty addition.

TIPS FOR SUCCESS

Use Fresh Ingredients: The key to this dish is the quality of your ingredients.

Fresh, ripe tomatoes and a creamy avocado will make all the difference.

Perfect Soft-Boiled Eggs: Getting the timing right is crucial.

A 6-minute egg will have a creamy, slightly jammy yolk, while a 7-minute egg will be a little more set but still soft in the center.

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