

Savory, Satisfying, and Ready in Minutes-This Power Breakfast Keeps Me Going All Day

High in protein, low in effort



TIME
10 min

PRINT
Recipe Card

SAVE
PDF

SOURCE
ChefManiac

INGREDIENTS

2 slices crusty bread (sourdough, rye, multigrain-whatever you love toasted)
1 can tuna, drained (in water or oil, your call)
2 boiled eggs (medium or soft-boiled; halved or quartered)
1-2 tbsp mayonnaise or Greek yogurt (optional, for creaminess)
Salt & black pepper, to taste
Fresh chives or green onions, chopped
Olive oil, for drizzling (optional but delicious)

DIRECTIONS

- 1.** Toast the Bread: I start by toasting my bread until it's golden, crispy, and just sturdy enough to hold toppings without going soggy. Sourdough is my favorite for this-it's got the perfect chew and flavor.
- 2.** Prep the Tuna Mix: In a small bowl, I combine the drained tuna with a spoonful of mayo or Greek yogurt to give it just a touch of creaminess. I keep it simple with a pinch of salt and black pepper, but you could totally add a dash of mustard or a squeeze of lemon for brightness.
- 3.** Spread It On: I divide the tuna mixture between the two toasts, spreading it right to the edges. No skimping allowed-the tuna's the base of this whole build.
- 4.** Add the Eggs: Next, I top each slice with halved or quartered boiled eggs. I usually go medium-boiled (about 8 minutes), so the yolks are just set and a little creamy. If you love a runnier center, soft-boiled works beautifully too.
- 5.** Finish with Seasoning & Garnish: To finish, I sprinkle chopped chives or green onions over the top for a pop of freshness and color. A little extra black pepper and a drizzle of good olive oil takes it to brunch caf  status with basically no extra work.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/savory-satisfying-and-ready-in-minutes-this-power-breakfast-keeps-me-going-all-day/>