

# THE FEZ

TURKISH POACHED EGGS WITH SPICY SESAME DRIZZLE (V)

SERVES 2

*The Fez has everything that you want in a bowl: it has the crunch of the greens and seeds, the richness of the avocado and eggs, and the aromatic, herby yoghurt. You certainly won't be yearning for anything else after this breakfast. You can also prep the quinoa and yoghurt dressing the night before to make this a reasonably fast breakfast.*

1 CUP QUINOA  
2 CUPS WATER  
1 CUP YOGHURT  
1 HANDFUL FRESH PARSLEY, FINELY CHOPPED  
1 HANDFUL FRESH DILL, FINELY CHOPPED  
PINCH OF SALT AND PEPPER  
JUICE OF 1 LEMON  
4 EGGS, POACHED TO YOUR LIKING  
2 GENEROUS HANDFULS BABY SPINACH  
1 AVOCADO, SLICED  
50 GRAMS GOAT'S CHEESE, CRUMBLed  
1 TABLESPOON PUMPKIN SEEDS

## SPICY SESAME DRIZZLE

1 TABLESPOON BUTTER  
1 CLOVE GARLIC, CRUSHED  
1 TEASPOON CHILLI FLAKES  
½ TEASPOON CAYENNE PEPPER  
1 TEASPOON SWEET PAPRIKA  
1 TEASPOON SESAME SEEDS

In a medium-sized saucepan over medium heat, add the quinoa and water. Salt the water, cover and simmer for 15–20 minutes. Keeping the lid on, remove from the heat and steam for 10 minutes. Fluff the quinoa with a fork and set aside.

Meanwhile, place the yoghurt, parsley, dill, salt, pepper and lemon juice in a mixing bowl and whisk until combined. Set aside.

For the spicy sesame drizzle, add the butter, garlic, chilli flakes, cayenne, paprika and sesame seeds to a small frying pan over medium heat. Stir until melted, with the mixture well combined and starting to brown. Set aside.

Cook the eggs to your liking.

To assemble the breakfast bowls, layer the baby spinach, quinoa, yoghurt dressing, eggs, avocado, goat's cheese, pumpkin seeds and the spicy sesame drizzle. Season to taste.

## FOOD TIP

ADDING FRESHLY CHOPPED HERBS AND LEMON JUICE TO YOGHURT NOT ONLY MAKES A DELICIOUS DRESSING FOR THIS RECIPE, BUT FOR MANY SALADS AS WELL.

- SUNRISE BOWLS -

