AUSTRALIAN · BREAKFAST

Avocado Yoghurt Toast with Poached Egg and Dukkah

10 min · Serves 1 · 461 kcal a serve · Video 4:36 · Recipe30

Vegetarian

A poached (not fried) egg on sourdough with an avocado–yoghurt spread and wilted spinach: about 17 g of protein and 7 g of fibre, and rich in folate, vitamin K and selenium.

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Ingredients

14 · SERVES 1

- [ ] ½ **ripe avocado**
- [ ] 2 tbsp **Greek yoghurt**
- [ ] ¼ small **garlic** clove, finely grated
- [ ] ½ tsp **lemon juice**
- [ ] **sea salt**, to taste
- [ ] **black pepper**, to taste
- [ ] 1 **thick slice sourdough bread**
- [ ] 2 tbsp **white vinegar**, for the poaching water (most is discarded)
- [ ] 1 **fresh egg**
- [ ] ½ cup **baby spinach leaves**
- [ ] ½ tsp **olive oil**, for wilting the spinach
- [ ] **olive oil**, for drizzling (about 1 tsp)
- [ ] 1 tsp **dukkah** (nut, sesame and spice blend)
- [ ] 1 tsp finely chopped **chives**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Gluten, Egg, Milk, Tree nuts, Sesame. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Mash the avocado with the Greek yoghurt, grated garlic, lemon juice, salt and pepper until smooth and creamy. 0:22
2. Bring a small pan of water to a gentle simmer and add the vinegar. Crack the egg into a cup, slide it into the water and poach 2½–3 minutes for a runny yolk. 1:16
3. Meanwhile, toast the bread until golden and crisp. Warm ½ tsp olive oil in a frying pan and wilt the spinach for about 30 seconds. 1:36
4. Drizzle the toast with a little olive oil, spread over the avocado cream and top with the spinach. 2:37
5. Lift out the egg with a slotted spoon, drain it briefly on paper towel and set it on the spinach. Finish with a drizzle of olive oil, the dukkah and chives, plus salt and pepper if your dukkah is unseasoned. 2:24

> **Tip** Use a very ripe avocado and thick Greek yoghurt for the creamiest spread, and crack the egg into a cup first for a neater poach. Wholegrain bread adds more fibre.

The method is a summary in our words — the video shows every step.

One serve gives you

1 OF 1 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
461 kcal	**17** g	**39** g	**7.2** g	**28** g	**760** mg
1,930 kJ	33% of a day	31 g net · 4.1 g sugars	26% of a day	5.6 g saturated	33% of a day
		14% of a day		36% of a day	

Energy from net carbs 28% · protein 15% · fat 57%

High in (20%+ of a day) Vitamin K 100% · Selenium 60% · Folate 37% · Vitamin B12 32% · Vitamin E 27% · Vitamin B6 23% · Vitamin A 21%

Source of (10–19%) Vitamin C 17% · Magnesium 16% · Zinc 16% · Iron 15% · Potassium 14% · Omega-3 14%

Recipe and video: Recipe30 (@recipe30) on YouTube — youtube.com/watch?v=LPU2__ZETX4, published 24 April 2025. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/avocado-yoghurt-toast-poached-egg-dukkah