TURKISH · BREAKFAST · LUNCH

Çılbır (Turkish Eggs with Garlic Yoghurt and Chilli Butter)

16 min · Serves 2 · 468 kcal a serve · Video 3:15 · Recipe30

Vegetarian · Gluten-free ingredients · Nut-free

Poached eggs on garlicky Greek yoghurt with chilli butter: about 25 g protein and 7.5 g net carbs a serve, with 72% of the energy from fat, and rich in vitamin B12 and selenium.

Diet notes: Keto (7.5 g net carbs a serve).

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Ingredients 11 · SERVES 2

- [ ] 1 cup **plain full-fat Greek yoghurt**, at room temperature
- [ ] 2 **garlic** cloves, finely grated
- [ ] a handful of **fresh dill**, chopped
- [ ] ½ tbsp **olive oil** (for the yoghurt)
- [ ] **salt**, to taste
- [ ] **freshly ground black pepper**, to taste
- [ ] 1 tbsp **vinegar** (for the poaching water, poured away)
- [ ] 4 large **eggs**
- [ ] 3 tbsp **butter**
- [ ] 1½ tsp **Aleppo pepper** (or chilli flakes)
- [ ] ½ tsp **smoked paprika**

Contains: Egg, Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Take the yoghurt out early so it is at room temperature (cold yoghurt chills the eggs). Grate the garlic into it and stir in most of the chopped dill, a pinch of the chilli, the olive oil, salt and pepper. Spread it over two plates. 0:16
2. Bring a medium pan of water to a gentle simmer and add the vinegar. Crack each egg into a small cup and slide it in; poach for 3–4 minutes until the whites are set but the yolks are still runny. 1:14
3. Lift the eggs out with a slotted spoon, drain them on paper towel and set two on each plate of yoghurt. 1:58
4. Melt the butter in a small saucepan over medium-high heat until it bubbles. Stir in the Aleppo pepper and smoked paprika for 20–30 seconds until fragrant and red. 2:14
5. Pour the sizzling butter straight over the eggs and around the yoghurt, then finish with a little sea salt and the rest of the dill. Eat at once. 2:24

> **Tip** The cook serves it with sliced crusty bread for dipping; leave the bread out to keep it keto. Use very fresh eggs — their whites hold together better when poached.

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

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
468 kcal	**24 g**	**8.4 g**	**0.9 g**	**38 g**	**560 mg**
1,960 kJ	49% of a day	7.5 g net · 5.8 g sugars	3% of a day	19 g saturated	24% of a day
		3% of a day		48% of a day	

Energy from net carbs 6% · protein 21% · fat 73% — fits keto: 7.5 g net carbs, 73% of the energy from fat

High in (20%+ of a day) Vitamin B12 86% · Selenium 79% · Vitamin A 45%

Source of (10–19%) Vitamin E 18% · Zinc 17% · Folate 17% · Calcium 16% · Vitamin B6 16% · Vitamin D 13% · Omega-3 12% · Iron 11%

Recipe and video: Recipe30 (@recipe30) on YouTube — youtube.com/watch?v=2OHnOIK122s, published 5 September 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, 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/cilbir-turkish-eggs-chilli-butter