MEDITERRANEAN · BREAKFAST · LUNCH

Mediterranean Breakfast Bowls with Hummus and Jammy Eggs

20 min · Serves 4 · 459 kcal a serve · Video 4:40 · The Mediterranean Dish

Vegetarian · Dairy-free · Nut-free

Eggs, hummus and a pan of vegetables: about 17 g of protein and 8 g of fibre a bowl even without the pita, and rich in vitamin K, folate, selenium and iron.

Diet notes: Gluten-free with a swap: Gluten-free without the pita.

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Ingredients 13 · SERVES 4

- [ ] 4 **eggs**, soft-boiled (or cooked to your liking)
- [ ] 2 tbsp extra **virgin olive oil**, for sautéing
- [ ] 8 oz **white button mushrooms**, halved
- [ ] **kosher salt**, to taste
- [ ] 2 cups **cherry tomatoes**
- [ ] 2 cups **baby spinach**, packed
- [ ] 1–2 **garlic** cloves, minced
- [ ] 1½ cups **hummus** (homemade or good store-bought)
- [ ] a few **Kalamata olives** (optional)
- [ ] extra **virgin olive oil**, to drizzle (optional; about 1 tsp a bowl)
- [ ] 1 tsp **za'atar**
- [ ] 1 tsp **Aleppo pepper**
- [ ] **pita bread**, to serve (optional; about ½ pita each)

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

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

Method TIMES = THE MOMENT IN THE VIDEO

1. Soft-boil the eggs: lower them into boiling water for about 6 minutes, then cool in iced water and peel (or cook them however you like). 0:13
2. Heat 2 tbsp olive oil in a large frying pan over medium-high heat. Add the mushrooms flat side down with a pinch of salt and cook about 7 minutes, turning once, until browned and juicy. 1:11
3. Add the cherry tomatoes, spinach and garlic with a little more salt and cook 2–3 minutes, until the tomatoes are warm and the spinach has wilted. 2:17
4. Spoon the hummus into 4 bowls and add the vegetables, an egg and a few olives to each. 3:04
5. Drizzle with olive oil and sprinkle each bowl with about ¼ tsp each of za'atar and Aleppo pepper and a little salt. Serve with pita if you like. 3:33

> **Tip** Swap the mushrooms for zucchini or capsicum. Keep the cooked vegetables, hummus and eggs separately in the fridge (or assemble the bowls without the oil) for up to 4 days; eat at room temperature.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
459 kcal	**19** g	**35** g	**9.4** g	**29** g	**1,050** mg
1,920 kJ	38% of a day	25 g net · 4.6 g sugars	34% of a day	5.3 g saturated	46% of a day
		13% of a day		37% of a day	

Energy from net carbs 23% · protein 17% · fat 60% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin K 76% · Selenium 56% · Folate 40% · Zinc 29% · Iron 28% · Vitamin E 28% · Magnesium 27% · Vitamin B6 26% · Vitamin B12 24% · Vitamin A 21%

Source of (10–19%) Vitamin C 18% · Potassium 17% · Omega-3 15% · Calcium 10%

Recipe and video: The Mediterranean Dish (@TheMediterraneanDish) on YouTube — youtube.com/watch?v=Nc7KXxZjlf8, published 24 September 2021. 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/mediterranean-breakfast-bowls-hummus-egg