

Savory Breakfast Bowl

Start your day with a delicious savory breakfast bowl featuring eggs and toast separately. A satisfying morning meal without avocado.


15 min

Total time

Easy

Difficulty

400

kcal / serving

Ingredients

- Ingredients for 1 person:
- 2 eggs
- 2 slices of whole grain bread
- 1/2 cup cherry tomatoes
- 1/4 cup feta cheese
- 1/4 cup spinach
- 1/4 cup mushrooms
- Salt and pepper to taste

Steps

- 1 Toast the whole grain bread slices until golden brown.
- 2 In a pan, sauté the mushrooms until golden.
- 3 In another pan, scramble the eggs until cooked through.
- 4 Assemble the breakfast bowl with spinach at the bottom, topped with scrambled eggs, cherry tomatoes, sautéed mushrooms, and crumbled feta cheese.
- 5 Season with salt and pepper to taste.