

Savory Cereal Bowl with Avocado and Poached Egg

This savory cereal bowl combines the heartiness of whole grain cereal with creamy avocado and a perfectly poached egg, creating a nutritious and satisfying main dish that's perfect for breakfast or brunch.



Main Dish

20 min

Total time

easy

Difficulty

450

kcal / serving

Ingredients

- 1 cup whole grain cereal (like oats or quinoa)
- 1/2 ripe avocado, sliced
- 1 egg
- 1 tablespoon olive oil
- Salt and pepper to taste
- Optional toppings: cherry tomatoes, fresh herbs, or feta cheese

Steps

- 1 Cook the whole grain cereal according to package instructions, usually about 10-15 minutes.
- 2 While the cereal cooks, poach the egg: bring a small pot of water to a gentle simmer. Crack the egg into a small bowl, then gently slide it into the water. Cook for about 3-4 minutes until the whites are set and the yolk is still runny.
- 3 Once the cereal is cooked, stir in olive oil, salt, and pepper.
- 4 Serve the cereal in a bowl, top with sliced avocado and the poached egg.
- 5 Add any additional toppings you like, such as cherry tomatoes or herbs, and enjoy!