

Savory Cereal Bowl with Avocado and Poached Egg

This unique savory cereal bowl combines the wholesome goodness of whole grain cereal with creamy avocado and a perfectly poached egg. It's a nutritious and filling main dish that's perfect for breakfast, lunch, or dinner.



Main Dish

15 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 1 cup whole grain cereal
- 1/2 ripe avocado, sliced
- 1 large egg
- 1 cup vegetable broth
- Salt and pepper to taste
- Fresh herbs (like chives or parsley) for garnish

Steps

- 1 In a small saucepan, bring the vegetable broth to a simmer.
- 2 Add the whole grain cereal to the simmering broth and cook according to package instructions until tender.
- 3 While the cereal cooks, bring a small pot of water to a gentle simmer and poach the egg for about 3-4 minutes, until the white is set but the yolk remains runny.
- 4 Once the cereal is cooked, remove it from heat and season with salt and pepper.
- 5 Transfer the cereal to a bowl, top with sliced avocado and the poached egg.
- 6 Garnish with fresh herbs before serving.