

Sunny-Side Up Breakfast Bowl

A delicious breakfast bowl featuring eggs as the star ingredient, perfect for starting your day with a burst of flavor.


15 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- 1 egg
- 1/2 cup cooked quinoa
- 1/4 avocado, sliced
- Handful of cherry tomatoes, halved
- Fresh basil leaves
- Salt and pepper to taste

Steps

- 1 Cook quinoa according to package instructions.
- 2 Heat a non-stick pan over medium heat.
- 3 Crack the egg into the pan and cook until the whites are set but the yolk is still runny.
- 4 In a bowl, layer the cooked quinoa, sliced avocado, cherry tomatoes, and sunny-side up egg.
- 5 Season with salt, pepper, and garnish with fresh basil leaves.
- 6 Enjoy your sunny-side up breakfast bowl!