



Turkish Poached Eggs

A colourful spiced butter gives this simple brunch the wow factor.

500g 5% fat Greek yogurt
1 garlic clove, crushed
Finely grated zest and juice of ½ lemon
Small handful fresh dill, roughly chopped, plus extra to garnish
8 medium eggs, fridge-cold
50g butter
2 tsp hot smoked paprika
½ tsp cayenne pepper
4 slices sourdough bread, toasted, to serve

1. In a bowl, mix the yogurt, garlic, lemon zest and juice, dill and plenty of seasoning. Set aside.
2. To poach the eggs, bring a large deep pan of water to the boil, then reduce to a simmer. Crack an egg into a ramekin or cup, then neatly pour it into the water. Working quickly, add a further 3 eggs. Poach for 4min, or until whites feel firm but yolks remain soft when lifted out with a slotted spoon. Transfer the poached eggs to kitchen paper. Repeat with the remaining 4 eggs.
3. Meanwhile, melt the butter in a small pan over a medium heat. Stir in the paprika and cayenne and heat for a few min until infused, then strain through a fine sieve into a jug.
4. Divide the yogurt mixture among 4 shallow bowls, top each with 2 eggs and a quarter of the infused butter. Garnish with dill and serve with toast.

Hands-on time: 20min
Cooking time: about 10min
Serves 4

PER SERVING (with toast) 473cal, 27g protein, 26g fat (14g saturates), 24g carbs (5g total sugars), 1g fibre