

Turkish Eggs (Cilbir)



Packed with protein and probiotics, plain low-fat Greek yogurt is combined with fresh dill and garlic for a flavor punch. Top it off with perfectly poached eggs for additional protein and healthy fats. A sprinkle of Aleppo pepper adds a touch of spice, while sumac provides an extra antioxidant boost.

Preparation 5 min

Cooking 10 min

Servings 2

Nutrition Facts (per serving)

Calories 185

Fat 11

Carbohydrates 5

Fibre 0

Protein 16

Sodium 140

Ingredients

- 180 ml ($\frac{3}{4}$ cup) plain low-fat Greek yogurt
- 45 ml (3 tbsp) fresh dill, chopped
- 1 clove garlic, finely chopped (or 5 ml / 1 tsp) minced garlic in a jar
- 15 ml (1 tbsp) butter
- 5 ml (1 tsp) ground Aleppo pepper (see note)

- 2 eggs, poached
- Pinch of sumac (optional)

Note: Ground Aleppo pepper is quite mild and has a fruity and salty taste. You can replace it with 1 ml (¼ tsp) of cayenne pepper and 2.5 ml (½ tsp) of paprika.

Preparation

1. Place yogurt, garlic and dill in a small bowl and mix. Divide between 2 soup plates and set aside at room temperature.
2. In a small non-stick skillet over medium-low heat, melt butter, stirring constantly. As soon as the butter turns a caramel color and gives off a nutty aroma, remove the pan from heat and add the Aleppo pepper. Stir to combine.
3. Place poached eggs on yogurt. Pour the melted butter over the eggs and garnish with a pinch of sumac, if desired.
4. Serve with a slice of bread or naan.

Notes

Can be kept 2-3 days in the refrigerator and does not freeze.



Gabrielle Simard – Créatrice culinaire
Culinary Creator