byodo
bio vom feinsten

Levante Breakfast Board

The Levante breakfast platter brings Middle Eastern flavors to the breakfast table. Creamy labneh, fresh vegetables, apricots, soft-boiled eggs, and Byodo Omega Black Cumin Oil make for a varied brunch or a special breakfast.

Zutaten
2 Portionen

500 g Plain yogurt, 3.5%
0.5 TL Byodo organic sea salt
4 Tomatoes, small
1 Cucumber, small
2 Apricots
2 Eggs
2 EL Kalamata olives
2 TL Byodo Omega Oil, Black Cumin
1 TL Zatar spice
Mint, fresh
2 Piece Flatbread

Zubereitung

The day before, mix the plain yogurt with the salt. Line a strainer with a clean kitchen towel or cloth napkin and hang it over a bowl. Pour the yogurt into the strainer, fold the towel over it, and weigh it down with a small plate and a weight. Let it drain overnight in the refrigerator.

The next day, wash the tomatoes, cucumber, and apricots. Slice the tomatoes and cucumber; cut the apricots in half and remove the pits. Boil the eggs for about 6–7 minutes until soft-boiled, then rinse them under cold water, peel them, and cut them in half.

Remove the strained yogurt—also known as labneh—from the refrigerator, whisk it until smooth, and spread it on two plates. Top with tomatoes, cucumber, apricots, Kalamata olives, and the halved eggs. Finally, drizzle with Omega Black Cumin Oil, sprinkle with za’atar, and garnish with fresh mint. Serve with flatbread.