

FUDGY EGGS, COTTAGE CHEESE, TOMATOES AND CUCUMBER



I posted this breakfast on my Instagram and the response was huge. It tells me people are wanting savoury breakfast ideas so I thought I would share my method for this, my favourite breakfast.

Get good tomatoes for this (yes, I know they're not in season, but I had some left over from a shoot and they were too good to waste). Ideally little cherry tomatoes for this. Room temperature, not from the fridge.

Method

1. Cut the tomatoes in half (or quarters if they're big), salt them, add a little extra virgin olive oil and leave them to sit for at least 10-20 minutes. This step is essential. The juices that come out of the tomatoes become your dressing and are what make this whole dish delicious.
2. Dice some cucumber and set aside.
3. Boil eggs for 7 minutes, drain and peel.
4. Spoon cottage cheese into a bowl, then top with the eggs, cucumber and the tomatoes, plus every drop of the tomato juice that's collected in the bowl. Eat with sourdough toast or my cottage cheese bread.

Prepare the quantities to your taste Ingredients

- Cherry tomatoes
- Cucumber
- Eggs
- Cottage cheese
- Sourdough bread or cottage cheese bread