

# How to Make a Perfect Breakfast Dish

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The first step in preparing a healthy breakfast is to choose the right ingredients. Eggs are a great source of protein, and tomatoes provide essential vitamins. Using whole-grain bread adds fiber to your meal. It's important to use fresh herbs to enhance the flavor and nutritional value of your dish.

## Ingredients and Preparation:

For this recipe, you will need 1 egg, 4 cherry tomatoes, 1 slice of whole-grain bread, and some fresh basil leaves. The preparation is simple and can be done in under 10 minutes.

To make the dish, first toast the bread to your desired level of crispness. Then, fry the egg in a pan with a little oil until the yolk is runny. Finally, arrange the tomatoes and fresh herbs on top of the bread and egg.

This breakfast dish is not only delicious but also very nutritious. It provides a good balance of protein, healthy fats, and carbohydrates. The fresh herbs add a nice touch of flavor and antioxidants to your meal.

