



Jammy Eggs with Honey Yoghurt, Chilli Oil & Fried Shallots

EASY • 20 MINS

Perfectly jammy eggs match deliciously with cool yoghurt, a drizzle of honey and a spoonful of chilli oil. In collaboration with **Jalna**, this recipe pairs their Greek yoghurt with Capilano Pure honey for a brekky dish that's unfussy, impressive and surprisingly easy.



SKILL LEVEL
Easy

PREP TIME
10 mins

COOKING TIME
10 mins

SERVINGS
2

Ingredients

Visit capilano.com.au to learn how to swap honey for sugar in your recipes.

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- 6 eggs, cold from fridge
- Olive oil, for frying
- 2 shallots, thinly sliced
- 300g Jalna Greek Yogurt
- ½ tablespoon **Capilano Pure Honey**
- 1 tablespoon chilli oil
- Dill for garnish
- Toasted sourdough

Used in this recipe



Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and their beekeepers, our signature blend of eucalypt and ground flora honey is the taste you know and love.

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes [here](#).

Method

1. Bring a pan of water to the boil, then carefully lower the eggs and cook for 6 1/2 minutes for soft, jammy yolks. Once cooked, use a slotted spoon to remove the eggs, then plunge them into cold water to cool immediately. Gently roll them on a sturdy surface to lightly crack the shell. Peel the shell.
2. Heat enough olive oil to cover the shallots. Fry the shallots until they turn crisp and light golden (about 2–4 minutes). Lift them out and place them on kitchen paper to drain.
3. Peel the eggs and cut them in half. For each plate, spread about 150g of yogurt, then add three soft-boiled egg halves. Spoon 1/2 tablespoon of chilli oil over and around the yogurt and eggs. Add a light drizzle of honey.
4. Finish with the fried shallots and chopped dill. Serve with sourdough for dipping.

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