

Less than 30 minutes

Serves 4

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Ingredients:

- 8 eggs
- 2 cups (500ml) plain yoghurt
- ¼ cup (60ml) chopped fresh dill and parsley
- Salt and milled pepper
- 3 Tbsp (45ml) olive oil
- 1 clove garlic, chopped
- 1 tsp (5ml) each paprika and chilli flakes
- 1 Tbsp (15ml) sesame seeds
- 4 PnP multi-seed wraps, toasted
- Handful fresh rocket, for serving

Method:

1. Poach eggs to your liking and keep warm.
2. Combine yoghurt and herbs. Season.
3. Heat oil in a pan and fry garlic, spices and sesame seeds for a minute.
4. Spread herb yoghurt on wraps and top with eggs and spice drizzle. Season.
5. Serve wraps immediately with rocket.

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