

- Prep Time: 10 minutes
 - Cook Time: 8 minutes (for the egg)
 - Total Time: 18 minutes
 - Servings: 1 bowl
 - Category: Snack, Lunch
 - Cuisine: American, Fusion
 - Dietary: High-Protein, Gluten-Free, Low-Carb
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Ingredients

For the Base:

- ½ cup plain, full-fat Greek yogurt (for maximum creaminess and protein)
- 1 teaspoon fresh lemon juice
- ½ teaspoon freshly grated lemon zest
- 1 tablespoon fresh dill, finely chopped
- 1 tablespoon fresh chives, finely chopped
- Salt and freshly cracked black pepper, to taste

For the Bowl:

- 1 large English cucumber, or 2-3 Persian cucumbers, sliced into thick rounds
- 2 oz cold-smoked salmon, cut into strips
- 1 large egg
- ½ small avocado, sliced

- 1 tablespoon capers, drained
 - 1 teaspoon Everything Bagel seasoning
 - Optional: A drizzle of extra virgin olive oil, a pinch of red pepper flakes
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Equipment

- Small pot for boiling eggs
 - Small mixing bowl
 - Fork or whisk
 - Knife and cutting board
 - Measuring cups and spoons
 - Serving bowl
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Instructions

1. Prepare the Jammy Egg:

Place the egg in a small pot and cover with cold water by about an inch. Place the pot over high heat and bring the water to a rolling boil. Once boiling, cover the pot with a lid, remove it from the heat, and let it sit for exactly 8 minutes. After 8 minutes, immediately transfer the egg to a bowl of ice water to stop the cooking process. Let it cool for a few minutes, then peel and slice in half. The yolk should be slightly runny but mostly set—a perfect “jammy” consistency.

2. Create the Creamy Protein Base:

While the egg is cooking, prepare the yogurt base. In your small mixing bowl, combine the Greek yogurt, lemon juice, lemon zest, chopped dill, and chives. Stir well until everything is incorporated. Season with a pinch of salt and a few cracks of black pepper. Taste and adjust the seasoning as needed. This creamy, herbaceous layer is the flavor foundation for the bowl.

3. Assemble the Bowl:

This is where the magic happens. Start by spreading the herbed Greek yogurt in an even layer on the bottom of your serving bowl. This acts as a rich and creamy “canvas” for the rest of the ingredients.

4. Arrange the Toppings:

Now, it's time to build. Artfully arrange the sliced cucumbers over the yogurt. The crispness of the cucumber is the star of the show, so be generous. Next, drape the smoked salmon strips over the cucumbers. Tuck the halved jammy egg and the sliced avocado into the arrangement. Scatter the capers over the top for a burst of briny flavor.

5. Finish and Serve:

For the final touch, sprinkle the entire bowl with the Everything Bagel seasoning. This adds a fantastic texture and a savory, garlicky, oniony kick that ties everything together. If you like a little heat, add a pinch of red pepper flakes. For a touch of richness, a light drizzle of olive oil is a wonderful addition.

Serve immediately and enjoy the contrasting textures and flavors—the cool cucumber, the

creamy yogurt, the salty salmon, the rich egg, and the zesty seasoning. It's a snack that truly satisfies.

Recipe Notes & Variations

- **Make it Vegan:** Use a high-protein plant-based yogurt (like soy or a thick coconut yogurt) and swap the smoked salmon for smoked tofu or tempeh. Omit the egg or use a vegan hard-boiled egg alternative.
 - **Change the Protein:** Not a fan of salmon? Try canned tuna, shredded rotisserie chicken, or crispy chickpeas for a plant-based protein boost.
 - **Spice it Up:** Add a drizzle of sriracha, chili crisp, or a few slices of fresh jalapeño for an extra kick of heat.
 - **Meal Prep:** You can prep the components ahead of time. Make the yogurt base and boil the eggs up to 3 days in advance. Store them separately in the fridge. Assemble the bowl just before eating to keep the cucumbers crisp.
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Nutrition Information (per serving, without optional olive oil)

- Calories: 410 kcal

- Protein: 32g
- Carbohydrates: 14g
- Fat: 26g
- Fiber: 5g
- Sugar: 8g