

Savoury Thyme, Sage & Parmesan French Toast



By Ashley Alexander

This savoury French toast might just become your new favourite, served with a fresh, crisp green salad-the perfect lunch or lazy dinner. The blend of thyme, sage, and Parmesan creates the perfect savoury team!

SERVES 2 | **PREP TIME** 10 minutes | **COOK TIME** 10 minutes | **TOTAL TIME** 20 minutes

INGREDIENTS

- 2 slices of thick sourdough bread
- 1 egg
- 1/2 cup full cream milk
- 1 tablespoon fresh thyme leaves
- 1 tablespoon fresh sage leaves, finely chopped
- Zest of 1 lemon
- 1/4 cup fresh Parmesan cheese, finely grated
- Flakey sea salt, to taste
- Freshly cracked black pepper, to taste
- Butter of choice, for frying and serving (I've used Westgold salted)
- Fresh green salad, for serving

METHOD

1. In a wide shallow bowl, whisk together the egg and milk until well combined.
2. Add the fresh thyme, finely chopped sage leaves, lemon zest, and finely grated Parmesan cheese to the egg mixture. Season with a small pinch of sea salt and freshly cracked black pepper. Whisk to combine thoroughly.
3. Dip both sides of the sourdough bread slices into the egg mixture, ensuring they are evenly coated. Use a fork or spoon to scoop up any remaining herb mixture and press it onto the bread slices.
4. Heat a frying pan over medium heat and add a knob of butter.
5. Once the butter has melted, place the coated bread slices in the pan. Top each slice with any remaining herb mixture and a sprinkle of grated Parmesan cheese and black pepper.
6. Cook the bread slices for a few minutes on each side, or until golden brown and cooked through.
7. Serve topped with a knob of salted butter, lemon zest, fresh thyme leaves, a sprinkling of sea salt, and freshly cracked black pepper. Enjoy!
8. Serve topped with a knob of butter, additional lemon zest, fresh thyme leaves, and a sprinkling of sea salt and freshly cracked black pepper.
9. Accompany with a fresh green salad for a delicious meal. Enjoy!

NOTES

Opt for thick slices of sourdough bread to ensure the French toast has a substantial texture and can absorb the egg mixture well.

Grate the Parmesan cheese finely to ensure it evenly incorporates into the egg mixture and coats the bread slices effectively.

Adjust the amount of salt and pepper according to personal preference. Remember that Parmesan cheese can add saltiness, so be aware when seasoning.

Maintain medium heat when cooking the French toast to ensure even cooking without burning. Adjust the heat if necessary to prevent the toast from becoming too dark.



Find the recipe and watch the video online:

<https://www.gatherandfeast.com/savoury-thyme-sage-parmesan-french-toast>

Let me know if you make the recipe! x **@gatherandfeast**