

# Boiled Egg with Asparagus Soldiers

Preparation time: 5 mins  
Serves: 1 person  
User Rating: ★★★★★

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## Ingredients

- 1 egg
- 4 large asparagus spears
- Olive oil

## Method

1. Prepare the asparagus by snapping or cutting off the tough lower ends. Place the asparagus into a microwave safe dish, cover and microwave on HIGH for 1 minute. Remove from microwave and drizzle

slightly with olive oil.

## To Boil Egg

1. If using a microwave egg boiler, prepare according to the directions of the egg boiler, resulting in a soft yolk.
2. If boiling on a stove top, take a saucepan and half fill it with cold water from the tap. Gently lower the eggs into the saucepan.
3. Place the pan over a medium heat. When the water reaches a simmer, start the timer so you can precisely time the cooking process. If you gently stir the eggs in a clockwise direction, the movement of the water will help centre the yolks.
4. Simmer the eggs in the saucepan for the length of time that suits your boiled eggs preference. For soft boiled eggs, simmer the eggs for 4 mins for runny yolks.

To serve, place the egg in an egg cup with the top cut off and place the asparagus beside.

## Notes

To add a bit of decadence to your meal, add some parmesan shavings!

Want to know how to make perfect boiled eggs, every time? Discover our [easy boiled eggs recipe](#) today!

## Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium
<b>110g</b>	<b>336kJ</b> <b>80kcal</b>	<b>8.2g</b>	<b>4.5g</b>	<b>1.2g</b>	<b>1.1g</b>	<b>1.1g</b>	<b>79mg</b>
Fibre	Vitamin D						
<b>1.4g</b>	<b>3.1µg</b>						

All nutrition values are per serve.