

Poached Egg and Green Vegetable Pasta

Preparation time: 10 mins

Serves: 4 people

Categories:

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Dinner Recipes,

Quick & Easy,

Lunch Recipes,

Vegetarian



Ingredients

- 8 Eggs (soft poached)
- 400g Pasta (short)
- 1 tbsp Olive oil
- 2 tsp Low fat margarine
- 100 g Baby spinach (washed)

- 1 bunch Asparagus (cut into bite size pieces)
- 1 cup Peas (from frozen is fine)
- 1/3 cup Parmesan cheese (grated)

Method

Boil pasta until al-dente. Heat olive oil and margarine in a fry pan then add asparagus, peas and spinach and sauté till spinach is wilted and asparagus and peas are semi soft. With a slotted spoon lift pasta from cooking pot and into fry pan. Sprinkle with parmesan, stir and serve in a bowl, top with soft freshly poached egg.

Notes

Break the egg yolk and stir in the pasta while still hot for a wonderful creamy pasta dish