

POACHED EGG AND GREEN VEGETABLE PASTA

Published: 23 October 2012

Categories: Dinner Recipes, Lunch Recipes, Quick & Easy, Vegetarian

Poached

Occasions: Dinner, Lunch

Diets: 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