

Poached Egg and Green Vegetable Pasta



Preparation time: 10 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Quick & Easy, Dinner Recipes, 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

1. 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.
2. 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

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
311g	2670kJ 638kcal	35.5g	22.9g	6.7g	69g	4.1g	458mg	6g

All nutrition values are per serve.