

Poached Egg on a Sicilian Caponata



Preparation time:	45 mins
Serves:	2 people
User Rating:	★★★★☆

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Categories: Dinner Recipes

Now that you've mastered how to poach the perfect eggs, it's time to take it to the next level with a burst of Italian flavours. The mix of flavours between the Sicilian Caponata and the poached egg is a delightful concoction of caramelised vegetables with a punch from the balsamic vinegar.



Ingredients

- 2 onions, diced
- 1 stick celery, diced
- 2 garlic cloves, crushed
- ¼ cup olive oil
- 2 zucchini, diced
- 1 capsicum, diced

- 1 small eggplant, diced
- 2 cups pureed tomatoes
- 4 poached eggs
- Salt & pepper (to taste)
- Parmesan cheese (optional)

Italian flavour burst:

- 2 anchovies
- 2 black olives
- 1 Tbsp capers (All finely chopped)
- ¼ cup parsley
- 2-3 Tbsp balsamic vinegar
- 1 Tbsp brown sugar

Method

1. In a heavy based pot start frying the onions, celery and garlic in olive oil stirring constantly for two minutes.
2. Add the capsicum, zucchini and eggplant. Season with salt and pepper and continue to cook stirring on high heat for a further 2-3 minutes or until slightly softened.
3. Add in the pureed tomatoes and bring to pot the simmer and then turn heat down very low and cook with lid on for a further 30 minutes.
4. Finally stir through the Italian flavour burst, simmer for a further 5 minutes (with lid off) and serve onto heated white plates in a mound.
5. Place your poached egg on top and serve.

Notes

TIPS:

- The caponata tastes best if made the day before and heated.
- For a great presentation scatter some parsley, pepper and grated Parmesan if you wish.
- Dice all vegetables the same size – roughly 1 cm square – to ensure they all cook evenly.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
1013g	2780 664kcal	25.6g	40.6g	7.1g	39.8g	39g	1070mg	19g

All nutrition values are per serve.