

Poached Egg with Asparagus Dippers



Preparation time: 30 mins

Serves: 2 people

User Rating: ★★★★★

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Ingredients

- 2 bunches asparagus, trimmed
- 100g smoked salmon or double smoked ham
- 4 eggs
- Toasted sourdough bread, to serve

Method

1. Bring a frying pan of water to the boil. Add asparagus and cook for 2 minutes until bright green and tender crisp. Drain.
2. Meanwhile, bring a medium saucepan of water to the boil. Reduce heat to low, and when bubbles subside, use a spoon to stir the water

until a whirlpool forms. Break an egg into a small bowl and gently slide into whirlpool. Cook for 3 minutes or until white is cooked. Use a slotted spoon to transfer egg to a plate. Repeat with remaining eggs.

3. Wrap salmon or ham around asparagus spears. Place toast onto serving plates and top with eggs. Season with salt and pepper and serve with vegetable dippers.

Notes

Not sure how to poach eggs? Learn 3 easy methods with our *how to* video!

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
223g	1540kj 368kcal	30.2g	13.6g	3.1g	29g	2.1g	1050mg	4.3g

All nutrition values are per serve.