Savoury Spring Onion Waffles with Poached Eggs

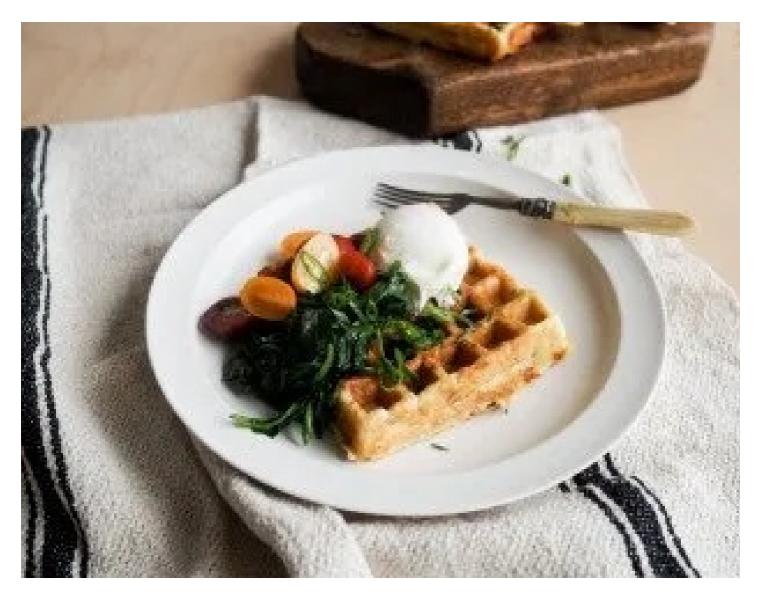


Preparation time: 25 mins

Serves: 8 people

User Rating: ★★★☆☆

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Ingredients

SPRING ONION WAFFLES:

- 100g self-raising flour
- 50g buckwheat flour
- ½ tsp bicarbonate of soda
- Sea salt and black pepper
- 2 spring onions, finely sliced, plus extra to serve
- 70g cheddar cheese, grated

- 3 eggs
- 600mL buttermilk
- 100g unsalted butter, melted and cooled

TO SERVE:

- · Poached eggs
- Blanched baby spinach
- · Cherry tomatoes, halved
- Extra virgin olive oil

Method

- 1. In a large bowl, combine the flours, bicarbonate of soda and a generous pinch of sea salt and pepper. Stir through the spring onions and cheese and set aside
- 2. In a separate bowl whisk together the eggs, buttermilk and cooled melted butter. Add the wet ingredients to the dry ingredients and stir gently until just combined
- 3. Spoon in ½ cup amounts of the mixture into a hot waffle iron and cook for around 5 minutes or according to the instructions of your maker
- 4. Arrange the waffles onto plates and top each waffle with a poached egg, some baby spinach and cherry tomatoes
- 5. Drizzle generously with olive oil and season with salt and pepper. Scatter over extra spring onions and serve

Click <u>here</u> for our video guide to mastering poached eggs with a variety of methods.

Recipe by Julia Busuttil

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
260 g	1770 kJ 423 kcal	18.2g	30.5 g	12.8g	18.2g	5.5g	444mg	2.1g

All nutrition values are per serve.